

PNW Street Medics



South Puget Sound Community Resources and Survival Guide

August 2024

In Washington State Help is 3 Numbers Away

211 maintains a comprehensive database of community resources and provides information and referrals for essential needs like:

- Food
- Housing and Shelter
- Utility Assistance
- Healthcare Services
- Government Services

211 also can connect people with information and referrals for:

- Transportation
- Legal Services
- Counseling and Support Groups
- Disaster Aftercare
- Everything Else

988 provides crisis support for:

- Thoughts of Suicide
- Mental Health Crisis
- Substance Use Crisis
- Emotional Distress

911 provides first responder dispatch for:

- Medical Emergency
- Fire
- Reporting a Crime
- Disaster Response
- Life Threatening Situation



SafePlace



24 Hour HelpLine
(360) 754-6300

Domestic Violence Help in Olympia

360-754-6300

<https://www.safeplaceolympia.org/>

Olympic Health & Recovery Services

24/7 Crisis Line 800-270-0041 | 360-754-1338

<https://www.ohrs.org/>

StrongHearts



STRONGHEARTS
Native Helpline

www.strongheartshelpline.org

StrongHearts Native Helpline is a 24/7 safe, confidential and anonymous domestic and sexual violence helpline for Native Americans and Alaska Natives, offering culturally-appropriate support and advocacy.

StrongHearts Native Helpline 1-844-7NATIVE (762-8483) is a safe, anonymous, and confidential domestic and sexual violence helpline for Native Americans and Alaska Natives, offering culturally-appropriate support and advocacy.

National Sexual Assault Hotline: Confidential 24/7 Support



Chat online at:
online.rainn.org



Call someone who can help:
800.656.4673

RAINN is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country.

If you or someone you know has been sexually assaulted, help is available.

National Sexual Assault Hotline: Confidential 24/7 Support
(<https://www.rainn.org/resources>)

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE, [online.rainn.org](https://www.rainn.org) y [rainn.org/es](https://www.rainn.org/es)) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.



Military Health System

Your health, our priority 24/7

1-800-TRICARE (1-800-874-2273)

Nurses are available 24/7. Your options for connecting with one include starting a secure web chat or video chat on the MHS Nurse Advice Line website. You can also call and speak to a nurse by phone. If you're in the U.S., Guam, or Puerto Rico, call **1-800-TRICARE (1-800-874-2273)** and choose option 1. Please have your DOD Benefit Number (DBN) ready. (<https://mhsnurseadvice.com/home>)

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
VA Puget Sound Health Care System

VA Puget Sound Nurse Information Line: 800-329-8387 x4

24 Hour Nurse Advice Lines



Get free medical advice, 24 hours a day, seven days a week. Nurse Advice Line help is provided by your health insurance provider at no cost to you. Call the telephone number associated with your health insurance provider to speak with a nurse about your current health concerns. These services connect you to a qualified nurse who can give you health care advice and help direct you to where you can get the care that is needed.

- Community Health Plan of Washington (CHPW) & Uninsured: 1-866-418-2920
- Amerigroup: 1-866-864-2544 or 1-800-600-4441
- Coordinated Care: 1-877-644-4613
- Kaiser Permanente: 1-800-297-6877
- Molina (Apple Health (Medicaid): 1-888-275-8750 / Spanish: 1-866-648-3537
- Premiera Blue Cross: 1-855-429-7236
- Providence Medicare Advantage: 1-800-700-0481
- United Health Care: 1-877-543-3409

If your health insurance is from a different provider, check your insurance card or their company website for your Nurse Advice Line number. When calling a Nurse Advice line be sure to have your insurance / benefits number available.

Emergency Medical Care

The **Emergency Medical Treatment and Labor Act**, also known as "**EMTALA**", is the law that requires any hospital emergency department that receives Medicare funds (which includes most U.S. hospitals) to provide emergency medical care to anyone in need, regardless of whether that person has insurance or their ability to pay.

This means that a hospital emergency department must:



1. Give you an appropriate medical screening exam

A qualified professional must check you for an **emergency medical condition**.

When you check in, the hospital can ask you about health insurance, as long as it doesn't delay your exam or treatment. The hospital must offer you this screening exam, even if you don't have insurance.



2. Treat you until your condition is stable

If you have an **emergency medical condition**, which can include experiencing contractions, the hospital must offer to treat this condition so that it does not materially worsen.



3. Transfer you if necessary

If your **emergency medical condition** can't be stabilized by the staff and facilities available, the hospital must offer to provide an appropriate transfer to a hospital that has the staff and facilities available to stabilize your emergency medical condition.

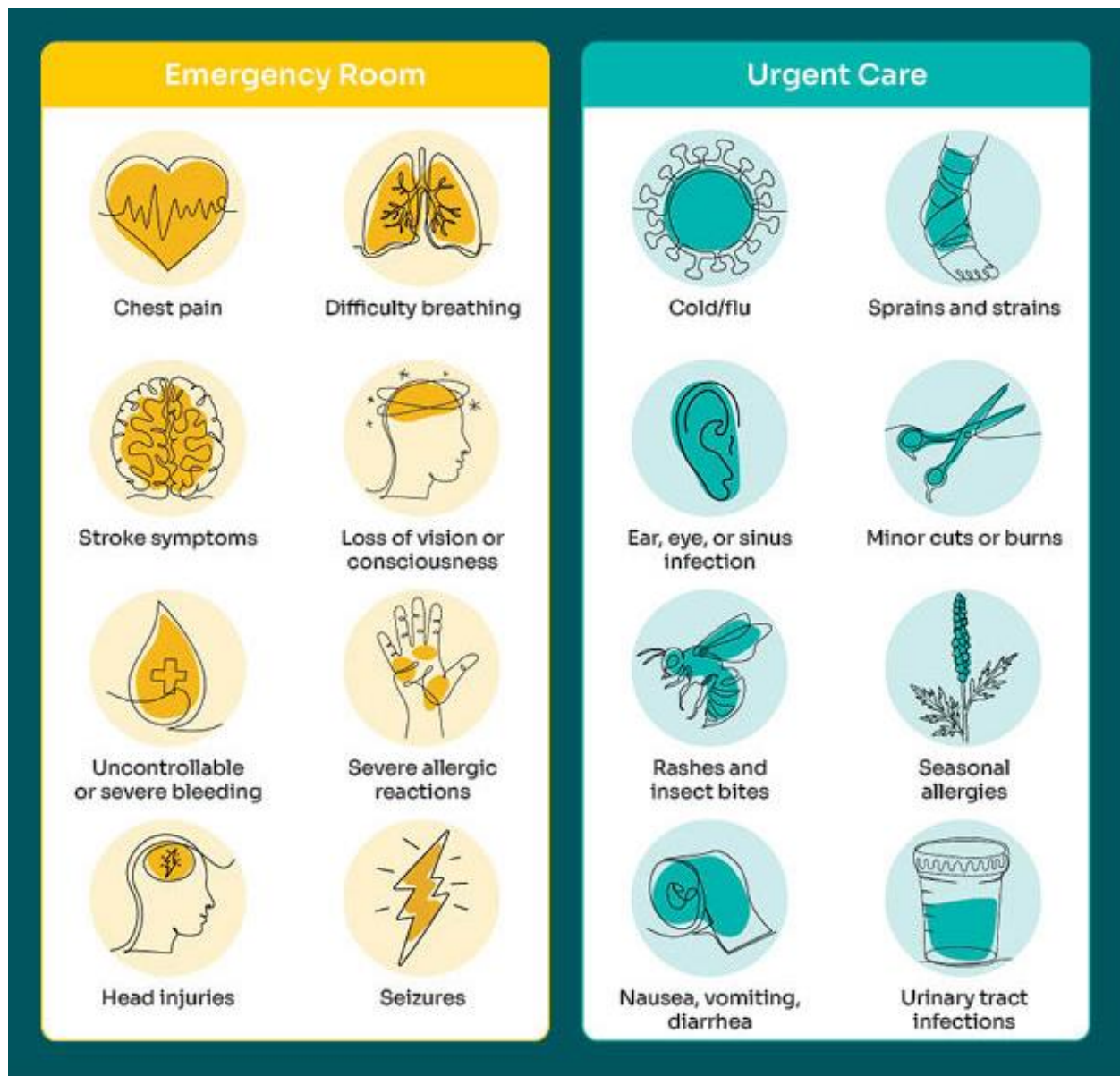
Before transferring you, the hospital must explain the benefits and risks.

How does EMTALA define an emergency? - An emergency medical condition is defined as "a condition manifesting itself by acute symptoms of sufficient severity (including severe pain) such that the absence of immediate medical attention could reasonably be expected to result in placing the individual's health [or the health of an unborn child] in serious jeopardy, serious impairment to bodily functions, or serious dysfunction of bodily organs."

EMTALA only applies to Center for Medicare and Medicaid Services (CMS) certified hospitals, which constitute about 98 percent of the nation's hospitals. Veterans Affairs hospitals, most military hospitals, Indian Health Service hospitals, and Shriners Hospitals for Children are among those exempted from CMS certification.

(Source: <https://www.cms.gov/priorities/your-patient-rights/emergency-room-rights>)

When to go to Urgent Care vs. Emergency Room



Thurston County Walk-In Medical Clinic

(<https://www.seamar.org/thurston-medical-thurston.html>)

3622 Ensign Rd NE Suite A, Olympia, WA 98506

Telephone: 360-742-5000

Clinic Hours: 7 days a week 9 AM - 8 PM

Health & Hope Medical Outreach - Free Clinic (<https://hhmo.org/>)

1911 Cooks Hill Rd, Centralia, WA 98531

Telephone: 360-623-1485

Clinic Hours: Tuesday – 5:30-8:00 PM

Are you, a friend, or family member uninsured or have a deductible that is so high you can't afford to see the doctor? Your visit will consist of an exam, lab tests, x-rays and medications at no cost. Plus, our resource specialists can help with any non-medical and spiritual needs. We treat the whole person: mind, body and soul.

Neighborhood Clinic (<https://neighborhoodclinetacoma.org>)

1323 S Yakima Ave., Tacoma, WA 98405

Telephone: 253-627-6353

Clinic Hours: Monday & Thursday 5-8 PM

Neighborhood Clinic is grounded on the belief that healing occurs where physical and medical care is accompanied by consistent emotional support and a regard for the whole person.

Olympia Free Clinic (<https://www.theolympiafreeclinic.org/>)

520 Lilly Rd. NE, Building 3, Olympia, WA, 98506

Telephone: 360-890-4074

Clinic Hours: Monday 5-7 PM / Wednesday 5-7 PM / Friday 11 AM - 1 PM

The Olympia Free Clinic is a volunteer-based, nonprofit organization that provides medical, mental health, and specialty care services to uninsured and underinsured adults (18+) at no cost to the patient. We provide accessible, high-quality health services in a caring, respectful environment, and work to connect our patients to other community resources in pursuit of improved overall health.

Washington Healthcare Access Alliance is Washington's free clinic association. (<https://www.wahealthcareaccessalliance.org/>) Visit the WHAA web-site for additional healthcare resources.

VACCINES FOR ADULTS

- Annual flu shot
- Tdap
- TD Booster
- Shingles at age 50
- Pneumococcal at age 65



The Adult Vaccine Quiz (Centers for Disease Control and Prevention) - This quiz will help you figure out what vaccines you may need based on your age, health conditions, job, lifestyle, travel, and other factors. Take this quiz if you are 19 years or older. (<https://www2.cdc.gov/nip/adultimmsched/>)

Find a Vaccination Clinic

(<https://prepmo.doh.wa.gov/appointment/en/clinic/search>)

Thurston County Syringe Services Program (<https://nasen.org/sep/thurston-county-syringe-services-program>)

The Thurston County Public Health and Social Services Syringe Services Program (SSP) provides a way for people who inject drugs (PWIDs) who continue to inject to safely dispose of used syringes and to obtain sterile syringes at no cost. The Syringe Services Program offers an exchange of syringes at offsite locations in an effort to stop the spread of HIV and Hepatitis. - Condom distribution to prevent sexual transmission of HIV and other sexually transmitted diseases (STDs). - Referrals to substance abuse treatment and other medical and social services. - Overdose response training and naloxone administration training. Injectable (vial and syringes) naloxone is provided. Nasal Narcan spray may be obtained at most pharmacies.

Alcoholics Anonymous (AA) - District 8 & South Sound Service Center

344 Cleveland Ave. SE, Suite K, Tumwater, WA 98501-3342

24-Hour 12 Step Hotline Call **360-352-7344** to speak to a sober alcoholic 24 hours a day. Answered by a sober member of Alcoholics Anonymous 24 hours a day, 365 days a year, the District 8 phone line is often the first place the general public acquires information about A.A. in Thurston and Mason county. (<https://aadistrict8.org/>)

Narcotics Anonymous - South Puget Sound Area

P.O. Box 2133, Olympia, WA 98507-2133

24 Hour Helpline 360-754-4433 (<https://spsana.org/>)

WARNING: The Military is Spying on AA Meetings A 2023 independent media report claimed that the *JBLM Military Police monitor individuals who attend AA / NA* in the Puget Sound area. (<https://www.indybay.org/newsitems/2023/08/30/18858608.php>)

National Alliance on Mental Illness (NAMI) Thurston/Mason County

4305 Lacey Blvd SE #28 Lacey, WA 98503 Telephone: 360-493-6021

NAMI is an organization of families, friends and individuals whose lives have been affected by mental illness. Together, we advocate for better lives for those individuals who have a mental illness, and we offer support, education and advocacy as we do so. Call the **NAMI Helpline at 1-800-950-NAMI (6264)** (<https://namitm.org/>)



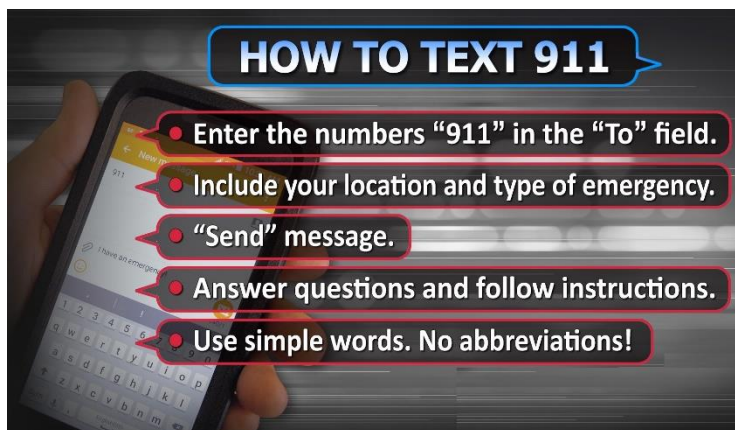
(<https://www.warecoveryhelpline.org/>)



Sign up to receive emergency alerts from Thurston County - A free service for our residents. Thurston County Emergency Management, in an effort to keep our citizens safe and apprised of hazardous conditions in the area, uses several types of alerts to warn the public of potential hazards within the cities and unincorporated Thurston County. The system is intended to be used for emergency alerts, as well as non-emergency incidents that may have significant impacts to residents. Emergency Alerts could be related to specific hazards that require some kind of action be taken such as evacuation, shelter in place, boil water orders, etc. Non-emergency alerts could include significant transportation problems with prolonged impacts or significant ongoing police or fire activity. In addition to receiving information on your wireless device, you may also receive notification on your land telephone line or via email. Please provide your preferred method(s) of contact and the alerts you would like to receive notifications for. (<https://www.smart911.com/smart911/ref/reg.action?pa=tcwa>)

If you are having trouble signing up, or would like more information on Thurston Community Alert, call: 360-867-2800.

Sign up to receive other **Alert & Warning Notifications** from the Washington Military Department (<https://mil.wa.gov/alerts>)



Text to 911

(<https://mil.wa.gov/texting911>) All counties and Public Safety Answering Points in the state of Washington can now accept Text-to-911. You should always call 9-1-1 if you can. A conversation can relay the needed information to get you the help or services you need much more quickly than a text conversation. **Call if you**

can; text if you can't. A dispatcher will likely ask you if you are available to talk.

Water

Access to clean water is essential to maintain good health. A person needs about one gallon of clean, potable, water per day for drinking. The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

- About 15.5 cups (3.7 liters) of fluids a day for men
- About 11.5 cups (2.7 liters) of fluids a day for women

These recommendations cover fluids from water, other beverages and food. About 20% of daily fluid intake usually comes from food and the rest from drinks.

Obtaining water from a city water utility system is often the best way to ensure that you have a clean and safe source of drinking water. Water provided by public utilities is cleaned and monitored to ensure that it is safe for community use.

Carry a couple of water bottles that you can refill from drinking fountains, sinks in public buildings, and other similar water sources that are connected to public utilities. If you have a way to transport it, a five-gallon water can will limit the need to seek out a water source on a daily basis. Note however that one gallon of water weighs approximately 8.3 pounds, so your five-gallon water can, when full, will weigh about 42 pounds.

Be aware that some communities may recycle “gray water” for watering lawns, landscaping, and irrigation. If you obtain water from an outside faucet – especially in a commercial or industrial area – ensure that the water comes from a potable source.

When water provided by a public utility (city water) is not accessible, or when that public water source is known to be contaminated, you will need to get water from other sources. These alternate water sources may include rain water, or water collected from rivers, streams, lakes, and ponds. Water collected from alternate sources should always be treated to remove contaminants and kill pathogens.

Begin treating water by running it through a filter to remove particles, sediment, and contaminants. A filter can be improvised by adding layers of sand, gravel, pebbles, and charcoal to a plastic bottle. As water seeps through these layers contaminants are trapped and removed from the water that comes out of the bottom of the improvised filter.

Improvised filters help to clean dirty water, but they work slowly and will not remove all pathogens from a contaminated water source. However, it is always best to filter water from a questionable source prior to using it.

WATER PURIFICATION FOR DEVELOPING COUNTRIES

WATER FILTER

Step 1

Acquire a container that is open at the top and has a bottom opening for filtered water to passthrough. A 2-liter soda bottle can be used by cutting off the bottom then flipping it upside down.

Step 2

Build the filter by filling the container in the order shown

Step 3

Pour contaminated water slowly through the filter and catch the water coming out of the filter with a clean container.



Layer 7

Cover the opening with porous cloth, allowing water to pass through.

Layer 6

Gravel (2-3 inches).

Layer 5

Fine sand (2-3 inches).

Layer 4

Coarse sand, pebble size or smaller (2-3 inches).

Layer 3

Fine sand (2-3 inches).

Layer 2

Small charcoal crumbles.

Layer 1

Fine cloth or paper fabric.

NOTE: Small microorganisms and pathogens might still exist in the water after filtering.

Once water has been filtered to remove contaminants, it should be further treated to kill pathogens. The most effective way to kill pathogens in water is to bring the water to a rolling boil for 1-minute at sea level, and for 3-minutes at elevations above 6,500 feet.

Disinfect water using household bleach, if you can't boil water. Only use regular, unscented chlorine bleach products that are suitable for disinfection and sanitization as indicated on the label. The label may say that the active ingredient contains 6 or 8.25% of sodium hypochlorite. Do not use scented, color safe, or bleaches with added cleaners.

Volume of Water	Amount of 6% Bleach to Add*	Amount of 8.25% Bleach to Add*
1 quart/liter	2 drops	2 drops
1 gallon	8 drops	6 drops
2 gallons	16 drops (1/4 tsp)	12 drops (1/8 teaspoon)
4 gallons	1/3 teaspoon	1/4 teaspoon
8 gallons	2/3 teaspoon	1/2 teaspoon

*Bleach may contain 6 or 8.25% sodium hypochlorite.



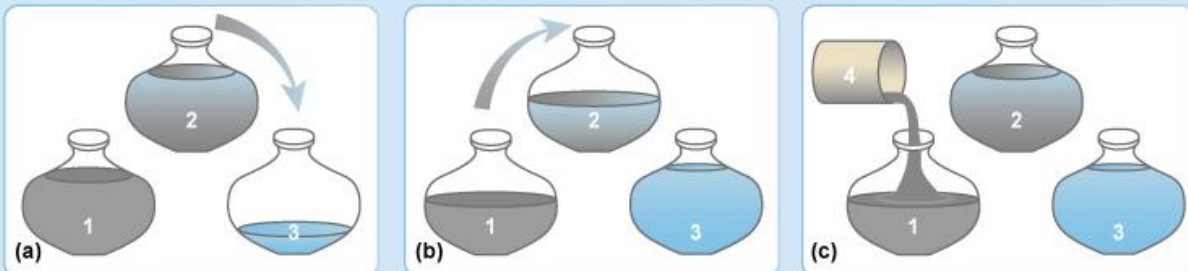
A commercial water filter (such as the Sawyer series <https://www.sawyer.com/>) is an excellent option for use in both an unsheltered and home environment. Sawyer filters are capable of filtering up to 100,000 gallons of water, and remove pathogens, such as bacteria, protozoa, E. Coli, Giardia, Vibrio cholerea, Salmonella Typhi, Leptospirosis, and microplastics from your drinking water.

Sawyer water filters come with a 28mm thread, allowing them to be attached to standard disposable bottles. Adapters are also available allowing Sawyer filters to be connected in line with the drinking tubes of hydration bladders.

Before using a commercial water filter it is useful to strain dirty water through several layers of clean cloth to remove larger sediment and prevent clogging your commercial filter.

The three-pot treatment system is also an effective method of removing sediment from water prior to boiling or using a commercial filter to remove pathogens. This method initially takes two days to obtain a useable source of water (the water in pot three).

The three-pot treatment system



Drinking-water: always take from pot 3. This water has been stored for at least two days, and the quality has improved. Periodically this pot will be washed out and may be sterilized by scalding with boiling water.

Each day when new water is brought to the house:

- (a) Slowly pour water stored in pot 2 into pot 3. Wash out pot 2.
- (b) Slowly pour water stored in pot 1 into pot 2. Wash out pot 1.
- (c) Pour water collected from the source (bucket 4) into pot 1. You may wish to strain it through a clean cloth.

Using a flexible pipe to siphon water from one pot to another disturbs the sediments less than pouring.

SODIS Application



Use a clean plastic bottle that is...

- ✓ transparent
- ✓ 3 litres max.

1



Wash the bottle well the first time you use it

2

Fill the bottle with clear water up to the brim



3

Expose the bottle to sunlight for...

1 full day
in clear
weather



2 consecutive days
in cloudy
weather



4

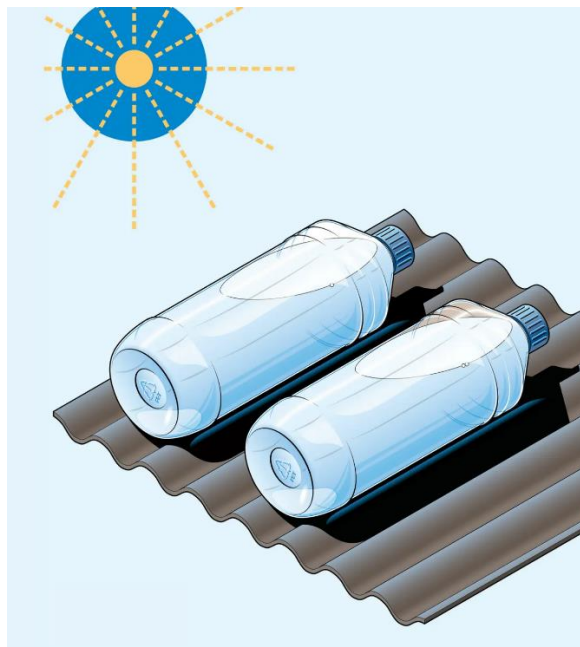


Enjoy
your safe SODIS water!

Solar purification, also known as “safe drinking water in six hours” (SODIS), is a method of purifying water using only sunlight and plastic polyethylene terephthalate (PET) bottles. Colorless, transparent PET water or soda pop bottles (two quart or smaller size) with few surface scratches are chosen for use (Polycarbonate bottles block all UVA and UVB rays and should not be used.) Remove labels and wash bottles before the first use. Fill the bottles with water from the contaminated source. To improve oxygen saturation, bottles can be filled three-quarters, shaken for 20 seconds (with the cap on), then filled completely and recapped. Very cloudy water must be filtered prior to exposure to the sunlight. Filled bottles are then exposed to the sun.

At a water temperature of about 90°F (33°C), it takes at least six hours for SODIS to be efficient. If the water temperatures rise above 122°F (50°C), the purification process is three times faster.

Bottles will heat faster and to higher temperatures if they are placed on a sloped sun-facing corrugated metal roof or black material as compared to thatched roofs. The treated water can be consumed directly from the bottle.



Soda Can Stove

You can make different kinds of stoves from materials found around the home. A soda can stove, made from three soda pop cans and rubbing alcohol, can be used indoors or outdoors to cook small amounts of food. It's light-weight and great for back-packers and in emergency kits.

Supplies:

- 3 standard soda pop cans
- Denatured or rubbing alcohol
- Matches or lighter
- 1" x 1.5" x 5" swath of fiberglass insulation (optional)
- Heat resistant foil tape (optional)

Tools:

- Drill
- 1/8" & 1/16" drill bits
- Utility knife
- Scissors
- Straight edge
- Ruler
- Marking pen

Instructions:

1. Score the bottom of one can with the utility knife until it easily pops out.



2. Drill 1/16 inch holes spaced evenly around the bottom ring of the can for the burner. Drill one 1/8 inch hole as a drain for leftover fuel.

3. Using scissors, cut around the edge of the drilled end of the can until it is one inch high all the way around. This is the top of the stove. Cut another one inch base from a second can. This is the bottom of the stove.

4. On the top can, cut slits up from the bottom, stopping 1/8 inch from the top. This piece will now fit inside the bottom can with some careful pressure.



5. Carefully slide top and bottom pieces temporarily together. Measure from top to bottom (between the arrows) to get the width of the inner shield.



6. Use a straight edge and utility knife to cut a strip from the third can to the width measured in Step 5.



7. Place the inner shield into the base of the stove to get the correct circular measurement. Then cut opposite slits and join the ends together forming a ring.



8. Cut about three notches on the bottom of the inner shield to allow fuel to flow into the outer ring.



9. Place the inner shield in the base. Place the optional fiberglass in the space between the inner shield and the outer wall of the base.



10. Slide the top half into the bottom half of the stove. Be careful to fit the inner shield into the inner lip of the top and bottom halves of the stove. If there is any overhang from the bottom half, crimp the edges over with your thumb or a screw driver. You may use the heat resistant foil tape to cover the seams between the top and bottom halves of the stove to help prevent leaks.

11. Completed stove.



Add no more than 2 ounces of alcohol to the center of the stove and light it. The stove lights promptly, so be careful. You won't see an alcohol flame in daylight. It takes about a minute for the alcohol to heat up and achieve an even burn out of the burner holes. Cover the stove with a larger can to put out the flame. To cook, support a pot of food or water 1.5 inches to 2 inches above the stove. One ounce of fuel lasts a little longer than 5 minutes, just long enough to boil 12 ounces of water.

Practice fire safety indoors and out. Have fire extinguishers ready.

✓ Make a Plan ✓ Get a Kit ✓ Be Informed ✓ Get Involved



Reflective Box Oven

You can make different kinds of ovens from materials found around the home. A reflective box oven, made from corrugated cardboard boxes and aluminum foil, uses the heat from your campfire to bake things like bread, pizza, muffins, and cookies.

Supplies:

- 1 apple box with Lid, or 2 large, matching boxes with flaps cut off
- Heavy duty aluminum foil
- Stapler
- Heavy duty scissors
- Metal wire rack that fits inside the box
- Metal wire (optional)
- 2 aluminum pie pans
- Bricks or boards for a base
- Charcoal
- Tongs
- Hot pads

Instructions:

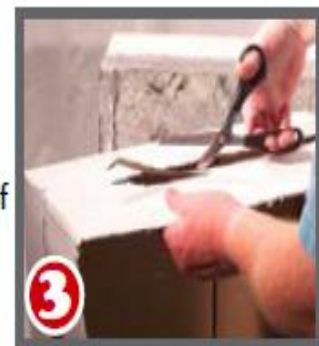
1. Completely cover the inside and bottom of the apple box with heavy duty aluminum foil. Fold the foil over the edges about 2" and staple it to the box. Turn the box on its side.



2. Place a rack in the box so that it is level and approximately 8" from the bottom of the box. You may secure it with wire on all 4 corners of the rack. Or, use a rack that comes with legs. Make sure the rack fits completely inside the box.



3. Cut the lid of the apple box or second matching box down to about 3" to 4" from the bottom. This is now the door of the oven.



4. Cover the outside of the door with foil and secure the foil in place with staples. Place the lid with the foil side toward the opening of the oven to form a door.



5. Place bricks or boards under the bottom edges of the oven so air can circulate and keep the outside of the box cool.



6. Join two pie pans with the bottoms together and the tops facing up and down. The top pan holds the coals while the lower pan holds the coals off the bottom of the oven. Place about twelve hot coals in the top pie pan and place both pans in the bottom, center of the oven.



7. Place food on the rack for cooking like you would in a normal oven.

8. Cover with the oven door to cook the food.



9. Use a pair of pliers or tongs to adjust the coals and a hot pad to remove the hot pans from the oven.

Reflector Oven:

To use the oven as a reflector oven, you don't need the pie tins or the door. Place the pan of food on the rack in the oven and set the oven close to and facing a heat source like a campfire. The radiant heat from the heat source will then cook the food.



Coffee Can Stove

You can make different kinds of stoves from materials found around the home. A coffee can stove, using an empty coffee or #10 can and a heat source, is one of the easiest to make. It can be used to cook food directly on the top of the can or with a pan.

Supplies and Tools:

- 1 clean, empty, coffee-sized #10 can with one end removed
- Punch-style can opener
- Sheet metal shears

Instructions:

1. Use the can opener to punch vent holes about 1½ to 2 inches apart around the side of the can near the end still intact.



It will take a lot of pressure since the can is not designed to be punched on the side.

2. Continue to punch vent holes all the way around the side of the can.



3. Use the sheet metal shears to cut a slit from the open end of the can up the side about 3 to 4 inches.



4. Cut another slit of the same length about 4 inches from the first slit. Bend the resulting flap up to create a large vent. Use caution bending the flap. The sides of the metal are very sharp.



5. Cut another vent of the same size on the opposite side of the can and bend the flap up as well.

6. The stove is now finished.

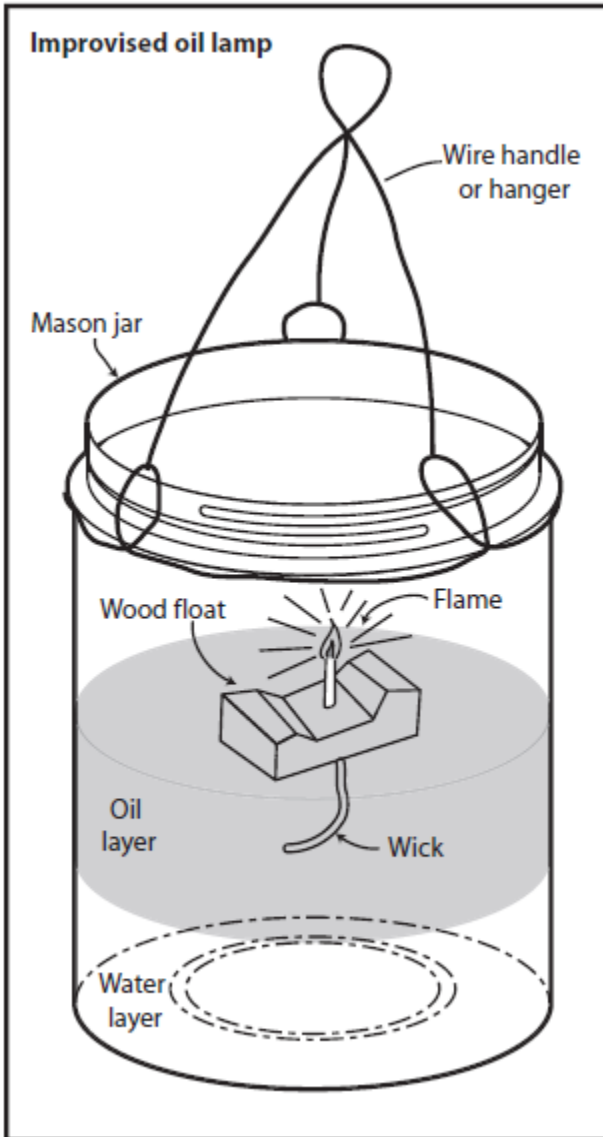


Be sure to only use the stove on top of a fire proof surface.

To use indoors, put the stove over an emergency candle or can of chafing gel fuel.

To use outdoors, put the stove over a lit pile of charcoal or a small wood fire. Feed the fire from the large vents at the bottom.

Improved Oil Lamp



These expedient lamps have the following advantages:

- * They are safe. Even if a burning lamp is knocked over onto a dry paper, the flame is so small that it will be extinguished if the lamp fuel being burned is a cooking oil or fat commonly used in the kitchen, and if the lamp wick is not much larger than 1/16 inch in diameter.

- * Since the flame is inside a jar, it is not likely to set fire to a careless person's clothing or to be blown out by a breeze.

- * With the smallest practical wick and flame, a lamp burns only about 1 ounce of edible oil or fat in eight hours.

- * Even with a flame smaller than that of a birthday candle, there is enough light for reading. To read easily by such a small flame, attach aluminum foil to three sides and the bottom of the lamp, and suspend it between you and your book, just high enough not to block your vision.

- * A lamp with aluminum foil attached is an excellent trap for mosquitoes and other insects that can cause problems in an unscreened shelter. They are attracted to the glittering light and fall into the oil.

* Two of these lamps can be made in less than an hour, once the materials have been assembled, so there is no reason to wait until a crisis arises to make them. Oil exposed to the air deteriorates, so it is best not to store lamps filled with oil or to keep oil-soaked wicks for months.

Food Banks & Soup Kitchens

Commodity Supplemental Food Program (CSFP)

Washington State Department of Agriculture's Food Assistance (FA) program manages CSFP, receiving food and operational funding from the United States Department of Agriculture (USDA) for distribution to 13 CSFP Lead Agencies statewide. These hunger-relief organizations have an Agreement with FA to provide CSFP food to more than 5,000 individuals who are 60 years of age and older in Washington. The focus of CSFP is on nutritional supplementation. The program provides participants with cheese and a variety of shelf-stable food items including fruits, vegetables, healthy juices, dairy, potatoes, cereal, rice, and protein.

Individuals eligible to receive CSFP food are: **at least 60 years of age**, self-declare they **earn 130% or less of the Federal Poverty Level**, and are in need of food. When applying for the program, individuals must verify both their identity and address. All other information is self-declared. No one will be asked for proof of income. Program participants must pick up their CSFP food each month from the Thurston County Food Bank (<https://tcfb.org/>) ([https://agr.wa.gov/services/food-access/programs-and-services/commodity-supplemental-food-program-\(csfp\)](https://agr.wa.gov/services/food-access/programs-and-services/commodity-supplemental-food-program-(csfp)))

Community Dining

Every senior **over 60 years of age** is welcome to participate in Community Dining. Simply come to one of the Senior Services for the South Sound locations and enjoy lunch! The suggested donation for a meal is \$4–\$8. (<https://www.southsoundseniors.org/nutrition/dining>)

Thurston County Food Bank

The Thurston County Food Bank is a no-barrier organization that strives to remove obstacles to accessing services. We believe that having basic needs met should be a human right — not a luxury. Are you experiencing food insecurity or having trouble making ends meet? Would a lower grocery bill help with other expenses or maybe help you save for an emergency? Come and see us! We are a community resource and here to help.

Visits to the Food Bank are free of charge and there are no income guidelines to access regular services. No one will be turned away regardless of where you live, with or without an address. A photo ID is helpful, but not required. (<https://tcfb.org/>)

FIND A FOOD BANK LOCATION THAT FITS YOUR NEEDS



Site offers CSFP



Other Bank



Inside shopping



Drive-through



Closest bus route to site

OLYMPIA

Olympia Food Pantry ♦ any bus
220 Thurston Ave NE | 360-352-8597
Monday*, Wednesday & Friday... 10:30am-3pm
**Closed the 3rd Monday of each month*
 2nd Wednesdays 10:30am-3pm

The Evergreen State College 41, 48
2700 Evergreen Pkwy NW
Basic Needs Center (CAB 135) | 360-867-6137
Students preferred
2nd & 4th Tuesdays 2-4pm

Hidden Creek Community Church ♦ 47
1807 9th Ave SW | 360-357-3739
Wednesdays 9:30am-12pm

Evergreen Vista 47
1209 Fern St SW | 360-352-1315
Call on Monday to make reservation
2nd Thursdays 10am-2pm

Olympia Senior Center any bus
222 Columbia St NW | 360-586-6181
Serves seniors
3rd Fridays 10:30-11:30am

CIELO / at Church of the Good Shepherd 68
1601 North St SE | 360-709-0931
Serves Spanish-speakers
4th Fridays 12-2pm

LACEY

Lacey Food Pantry ♦ 62A
7027 Martin Way E | 360-352-8597
Tuesdays & Thursdays 10am-2pm
2nd Wednesdays - Food & Other Bank ... 4-6pm
 2nd Tuesdays & Thursdays 10am-2pm

Lacey Farm Stand 62A
7027 Martin Way E | 360-352-8597
Open select Saturdays* 11am-1pm
**Check calendar at tcfb.org; closed in winter*

Lacey Veterans Service Hub 62A/B, 66
4232 6th Ave SE, Suite 102 | 360-456-3850
Monday-Friday 8am-4pm

Turning Point Church 65
3525 Marvin Rd NE | 360-489-0378
4th Thursdays 1-5pm

St. Andrew's United Methodist 62A
540 School St SE | 360-491-2030
4th Saturdays 11am-1pm

Faith Harvest Helpers 66
5615 30th Ave SE | 360-459-1444
1st & 3rd Sundays 10am-1pm

TUMWATER

SPSCC Food Pantry 43, 44
2011 Mottman Rd SW
Building 23, Room 125b | 360-596-5212
Closed during school breaks
Tuesdays 11:30am-5:30pm
Wednesdays & Thursdays 11:30am-2:30pm

Tumwater United Methodist 12
1401 Lake Park Dr SW | 360-786-1416
3rd Wednesdays 5-7pm

Mountain View Church 13
940 Israel Rd SW | 360-943-0795
2nd & 4th Thursdays 10am-12pm

Tumwater Senior Center 13
215 North 2nd Ave SW | 360-754-4160
2nd Fridays 11am-12pm

Northstar Church of God 13
6820 Capitol Blvd SE | 360-358-2030
1st & 3rd Saturdays 10am-12pm

LITTLEROCK

Littlerock United Methodist Church ♦
6336 SW 128th Ave | 360-943-4720
Call ahead for availability
Last Tuesday of month 9:30am-12pm

RAINIER

Valley Heart Assembly of God ♦ 13 to R2
11318 Vail Cut Off Rd SE | 360-352-8597
Distribution in parking lot
2nd & 4th Wednesdays 9:30am-12pm

SHELTON

CIELO / at Faith Lutheran Church 6
1212 Connection St | 360-709-0931
Serves Spanish-speakers
3rd Fridays 2-4pm

Tenino Community Service Center/Tenino Food Bank Plus

224 Sussex Ave E, Tenino, WA 98589

Telephone: 360-264-5505 (<https://teninocsc.org/>)

Food Bank hours are: 9 AM to Noon on Tuesday & Thursday - DRIVE UP ONLY

Union Gospel Mission - Olympia

413 Franklin Street NE, Olympia WA 98501

Telephone: 360-709-9725 (<https://ougmn.org/>)

- Hot Meals: M-F 6:30 AM, Noon, 5:00 PM | Sat Brunch 10 AM – 11 AM | Sun 7:30 AM & Noon
- Hot Showers: M 12 PM – 4:30 PM, T-F, 10:30 AM – 4:30 PM
- Laundry: T-F, 10:30 AM – 4:30 PM
- Clothing Bank: M W F, 10:00 AM – Noon, 1:00 PM -3:00 PM

Women, Infants, and Children (WIC) Nutrition Program is a nutrition program for pregnant women, new and breastfeeding moms, and children under five. Call the Help Me Grow WA Hotline at 1-800-322-2588 for help finding a WIC clinic near you.

(<https://doh.wa.gov/you-and-your-family/wic>)

Yelm Food Bank

624 Crystal Springs Rd. NW, P.O. Box 5320, Yelm, WA 98597

Telephone: 360-458-7000 Fax: 360-458-4226

The food bank will be open on Thursday at 1:00 PM and will serve clients until 3:45 PM.

(<http://yelmcommunityservices.com/social-services/>)

Yelm Prairie Christian Center

501 103rd Ave NE Yelm, WA 98597

(<https://www.facebook.com/yelmprairiecc/>)

*A take-out meal is offered every Thursday from 6 PM to 7 PM, on a first-come first-serve basis.

How Long Can You Keep Canned Goods?

Store commercially canned foods and other shelf stable products in a cool, dry place. Never put them above the stove, under the sink, in a damp garage or basement, or any place exposed to high or low temperature extremes. High acid foods such as tomatoes and other fruit will keep their best quality up to 18 months; low acid foods such as meat and vegetables, 2 to 5 years.

Most shelf-stable foods are safe indefinitely. In fact, canned goods will last for years, as long as the can itself is in good condition (no rust, dents, or swelling). Packaged foods (cereal, pasta, cookies) will be safe past the 'best by' date, although they may eventually become stale or develop an off flavor. You'll know when you open the package if the food has lost quality. Many dates on foods refer to quality, not safety.

NEVER USE food from containers that show possible "botulism" warnings: leaking, bulging, or badly dented cans; cracked jars or jars with loose or bulging lids; canned food with a foul odor; or any container that spurts liquid when opening. Even a minuscule amount of botulinum toxin can be deadly. Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes or pineapple. As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time. Home canned foods should be used within 1 year.

If cans are in good condition (no dents, swelling, or rust) and have been stored in a cool, clean, dry place they are safe indefinitely.

Frozen Cans

Cans frozen accidentally, such as those left in a car or basement in sub-zero temperatures, can present health problems. If the cans are merely swollen — and you are sure the swelling was caused by freezing — the cans may still be usable. Let the can thaw in the refrigerator before opening. If the product doesn't look and/or smell normal, throw it out. DO NOT TASTE IT! If the seams have rusted or burst, throw the cans out immediately, wrapping the burst can in plastic and disposing the food where no one, including animals can get it.

(Source: <https://www.usda.gov/media/blog/2013/06/27/you-toss-food-wait-check-it-out> / <https://ask.usda.gov/s/article/How-long-can-you-keep-canned-goods>)

Community Gardens

Thurston County Public Health and Social Services provides a list of community gardens in Thurston County. These gardens are open to the public to join and provide opportunities to grow fresh fruits, vegetables, and herbs. This is a great opportunity if you are interested in learning to garden, don't have gardening space of your own, or just want to give back to the community. It's FREE to participate!

(<https://www.thurstoncountywa.gov/departments/public-health-and-social-services/community-wellness/healthy-home-yard/gardening>)

GRuB's Garden Project (<https://www.goodgrub.org/grub-garden-project>)

Each spring, GRuB partners with veterans, individuals, families, and organizations to build backyard vegetable gardens. We work throughout Thurston County, and into Mason, Pierce, and other counties, to provide the public with access to the knowledge and resources needed to grow fresh, healthy, and culturally appropriate foods. The Grub Garden Project offers gardens, vegetable seeds, plant starts, cover crop mix, and our extensive gardening workshop series, and encourages connections within the greater gardening community.

To qualify for a free backyard garden, applicants must have an income at or below 200% of the federal poverty guidelines at the time of application email backyardgardens@goodgrub.org. Types of gardens available vary throughout the season and will be indicated on the application.

WSU Master Gardener Program - WSU Master Gardener volunteers are trained and certified as community educators to provide professional, unbiased, researched-based home gardening and horticulture information to the public.

(<https://extension.wsu.edu/thurston/gardening/>)

15 Foods You Can Regrow from Scraps

Don't throw away those old potatoes! There are lots of foods you can regrow from scraps - it's easy, free, and you don't need a lot of space to keep fresh produce ready all year long!



Green Onion

Plant the bulbs in a pot or container garden so that the top of the stalk pokes out of the dirt



Onion

Save the bottom piece of the onion that contains the roots! This one piece of onion can be used to re-grow two or more onions

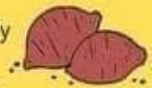
Kale

Once your kale plants are mature, clip off leaves as needed, starting with the larger leaves at the bottom of the stem



Sweet Potato

Sweet potatoes are grown a little differently than regular potatoes. To regrow sweet potatoes, you plant the sprouts, or "slips"



Leeks

Save bulbs with at least an inch or two of the stalk. Plant the bulbs in the ground with the stalk peeking out



Ginger

Plant a piece of ginger root in a pot with soil, water, and wait for it to sprout

Basil

Cut the stem, keeping a few leaves attached. Place in a jar of water to generate roots, then you can move to a planter



Mint

Mint is a fairly easy plant to grow and spreads quickly on its own. You can regrow mint cuttings as you would basil



Garlic

Simply bury the cloves under about an inch of soil and keep watered. The garlic is ready to harvest when it starts to turn yellow



Rosemary

Cut a 3" piece from a mature plant. Strip the leaves from the bottom half of the cutting and plant that end in soil

Potatoes

Cut a sprouting potato so that each chunk has an eye and a sprout. Plant with the eye facing up and cover with a few inches of dirt



Cilantro

Like basil, cilantro can be regrown from cuttings. Once you have a mature cilantro plant, you can cut leaves as needed



Romaine Lettuce

You can plant the bottom end of a head of Romaine in soil, water, and it will start to regrow leaves



Celery

Celery can be regrown by saving the base and placing in a cup of water until leaves sprout. Then transfer the celery plant to a pot with soil

Bok Choy

Bok Choy can be regrown just like romaine lettuce!





Concern for Animals (<https://www.concernforanimals.org/>) 1414 State Ave NE Olympia, WA 98506 offers a free pet food bank for qualified pet owners on Tuesdays.

To receive pet food, owners must call and sign up between the preceding Wednesday through Monday at 12 noon. The CFA Pet Food Bank operates by appointment only, and pet owners looking for assistance must make a confirmed appointment with a CFA team member.

CALL TO SEE IF YOU QUALIFY AND BOOK AN APPOINTMENT (360) 456-8176

To qualify for the CFA Pet Food Bank, an owner must:

- Reside in Thurston, Mason, Lewis, or Grays Harbor County **and**
- Receive State/Federal Benefits or be a Senior, Full-Time Student, or Military E5 or Below.



Thurston County Public Health & Social Services has partnered with the Washington State Department of Health to bring a FREE Healthcare Tests and Supplies Kiosk to the Tenino Community Service Center. This Test & Go Kiosk is open to all Thurston County residents 24 hours a day. The kiosk is easy to use with its request screen, and tests will be re-stocked regularly for distribution!

KIOSK FEATURES

- ✓ Rapid COVID-19 Test Kits
- ✓ Triplex Flu Test Kits
- ✓ 24 Hour Availability
- ✓ No Payment Required



VISIT NOW 

Tenino Community Service Center
224 Sussex Ave E
Tenino, WA 98589



SCAN QR CODE
TO LEARN MORE

 www.thurstoncountywa.gov/COVID-19  360-867-2610  tcphss.vax@co.thurston.wa.us

(<https://doh.wa.gov/emergencies/covid-19/testing-covid-19/testing-kiosks>)

THE FLU: A RESPIRATORY VIRUS

Typical symptoms

Abrupt onset of fever, chills and fatigue

Headache

Runny nose

Non-productive cough

Sore throat

Sometimes diarrhea and vomiting

When to see a doctor

Fatigue or inconsolable irritability

Confusion or headache that does not go away

Chest pain, labored breathing and persistent cough

Neck stiffness

Stomach pain, vomiting and dehydration



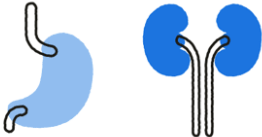


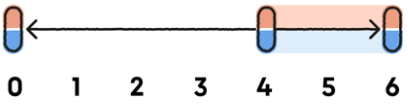
Back pain or weak legs or feet

Severe muscle pain and/or red urine



PNW Street Medics

Advil vs. Tylenol

	ADVIL	TYLENOL
1 What's the active ingredient?	IBUPROFEN	ACETAMINOPHEN
2 What's the maximum daily dosage?	1200 mg/day	4000 mg/day*
3 What forms does it come in?	 TABLET, CAPSULE, LIQUID	 TABLET, CAPSULE, LIQUID, RECTAL SUPPOSITORY
4 What are the side effects?	STOMACH UPSET, DIZZINESS, AND HEARTBURN	RARE**
5 What organs does it affect?	 STOMACH KIDNEYS	 LIVER
6 Can you alternate them?	YES! 	
7 How often can you take them?	EVERY 4 TO 6 HOURS 	

* A lower maximum dose of 3,000 mg/day is often recommended for some groups of people, including older adults and those with liver problems.

**Headache and nausea are possible.

Acetaminophen (Tylenol) and ibuprofen (Advil, Motrin) are both over-the-counter (OTC) medications for pain.

Acetaminophen and ibuprofen work differently, and they're cleared from the body by different organs. Acetaminophen is a pain reliever, but it isn't a nonsteroidal anti-inflammatory drug (NSAID). Ibuprofen, however, is an NSAID — a class of medication that also includes aspirin (Ecotrin) and naproxen (Aleve, Naprosyn).

Acetaminophen is broken down almost completely by the liver, so the kidneys hardly do any work. But if you take too much acetaminophen, or drink alcohol while taking it, the added stress on your liver could result in liver damage.

Ibuprofen blocks the production of prostaglandins. Prostaglandins cause inflammation, so blocking them helps reduce swelling. But they also protect the stomach, so blocking them can cause irritation of the stomach, intestines, and esophagus, as well. This is why long-term use of ibuprofen can cause stomach inflammation (gastritis) and bleeding. Acetaminophen, on the other hand, is safe for the stomach.

Unlike acetaminophen, ibuprofen is mostly broken down by the kidneys, so it's safe for the liver. But the anti-inflammatory properties that can irritate your stomach also affect blood vessels entering the kidneys. This is why taking too much ibuprofen can damage your kidneys.



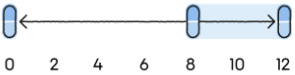
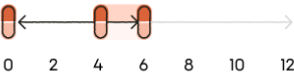


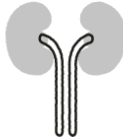
The Bottom Line

Acetaminophen and ibuprofen are two commonly used OTC medications used for pain. When one alone doesn't do the trick, they can be safely used together for added pain relief for most people. It's generally safe to take them together because they work differently in the body and are cleared by different organs. You should never take more than the recommended daily amount of OTC pain medication.

(Source: [Advil vs. Tylenol: Everything You Need to Know - GoodRx](#))

7 Things to Know About Over-the-Counter

Aleve vs. Advil

	ALEVE	ADVIL
1 What's the active ingredient?	NAPROXEN	IBUPROFEN
2 What's the maximum daily dosage?	660 mg/day	1200 mg/day*
3 What forms does it come in?	 TABLET, CAPSULE	 TABLET, CAPSULE, LIQUID
4 Who can take it?	KIDS 12 YEARS AND OLDER AND ADULTS	KIDS 3 MONTHS AND OLDER* AND ADULTS
5 How often can you take it?	 EVERY 8 TO 12 HOURS	 EVERY 4 TO 6 HOURS
6 What are the side effects?	STOMACH UPSET, DIZZINESS, NAUSEA, AND HEARTBURN	
7 Which organs do they affect? **	 STOMACH  HEART  KIDNEYS	

*If your child is younger than 2 years old, contact their healthcare provider for instructions on how much ibuprofen is safe to take. They can recommend a safe dose to take based on your child's age and weight.

** Aleve and Advil both affect these organs, but there are still minor differences between them to keep in mind. If you have heart, stomach, or kidney problems, ask your healthcare provider if either medication is safe to take.



Naproxen (Aleve) and ibuprofen (Advil, Motrin) are both non-steroidal anti-inflammatory drugs (NSAIDs) that are available over-the-counter (OTC). They're commonly used for pain and inflammation. The key differences between the two medications are that Naproxen lasts longer in the body, and Ibuprofen is safer for your stomach.

FIRST AID

Call 911 or an Emergency Number for any severely ill or injured child.

STINGS AND BITES

Stinging Insects Remove the stinger as quickly as possible with the scraping motion of a fingernail. Put a cold compress on the bite to relieve the pain. If trouble breathing, fainting, or extreme swelling occurs, call 911 or an emergency number immediately. For hives, nausea, or vomiting, call the pediatrician. For spider bites, call the pediatrician or Poison Center and describe the spider. Have the pediatrician examine any bites that become infected.

Animal or Human Bites Wash wound thoroughly with soap and water. Call the pediatrician. The child may require a tetanus or rabies shot.

Ticks Use tweezers or your fingers to grasp as close as possible to the head of the tick and slowly pull the tick away from the point of attachment. Call the pediatrician if the child develops symptoms such as a rash or fever.

Snake Bites Take the child to an emergency department if you are concerned that the snake may be poisonous or if you are unsure of the type of snake bite. Keep the child at rest. Do not apply ice. Loosely splint the injured area and keep it at rest, positioned at, or slightly below, the level of the heart. Try to identify the snake, if you can do so safely.



BURNS AND SCALDS

General Treatment First stop the burning process by removing the child from contact with hot water or a hot object (for example, tar). If clothing is burning, smother flames and cool clothing by soaking with water. Remove clothing unless it is firmly stuck to the skin. Run cool water over burned skin until the pain stops. Do not use ice or apply any butter, grease, medication, or ointment.

Burns With Blisters Do not break the blisters. Call the pediatrician for advice on how to cover the burn and about any burns on the face, hands, feet, or genitals.

Large or Deep Burns Call 911 or an emergency number. After stopping and cooling the burn, keep the child warm with a clean sheet covered with a blanket until help arrives.

Electrical Burns Disconnect electrical power. Do NOT touch the victim with bare hands. Pull the victim away from the power source with a wooden pole. ALL electrical burns need to be seen by a doctor.

SKIN WOUNDS

Make sure the child is immunized for tetanus. Any open wound may require a tetanus booster even when the child is currently immunized. If the child has an open wound, ask the pediatrician if the child should receive a tetanus booster.

Bruises Apply cold compresses. Call the pediatrician if the child has a crush injury, large bruises, continued pain, or swelling. The pediatrician may recommend acetaminophen for pain.

Cuts Wash small cuts with water until clean. Use direct pressure with a clean cloth to stop bleeding. Apply an antibiotic ointment, then cover the cut with a clean bandage. Call the pediatrician for large and/or deep cuts, or if the wound is gaping, because stitches should be placed without delay. For major bleeding, call for help (911 or an emergency number). Continue direct pressure with a clean cloth until help arrives.

Scrapes Rinse with soap and water to remove dirt and germs. Do not use detergents, alcohol, or peroxide. Use antiseptic soap. Apply an antibiotic ointment and a bandage that will not stick to the wound.

Splinters Remove small splinters with tweezers, then wash and apply local antiseptic. If you are unable to remove the splinter completely, call the pediatrician.

Puncture Wounds Do not remove large objects such as a knife or stick from a wound. Call for emergency medical assistance (911). Such objects must be removed by a doctor.

Call the pediatrician for all puncture wounds. The child may need a tetanus booster.



EYE INJURIES

If anything is splashed in the eye, flush gently with water for at least 15 minutes. Call the Poison Center or the pediatrician for further advice. Any injured or painful eye should be seen by a doctor. Do NOT touch or rub an injured eye. Do NOT apply medication. Do NOT remove objects stuck into the eye. Cover the painful or injured eye with a paper cup or eye shield until you can get medical help. An eye injury may require a tetanus booster.

FRACTURES AND SPRAINS

DO NOT MOVE A CHILD WHO MAY HAVE A NECK OR BACK INJURY, as this may cause serious harm. Call 911 or an emergency number.

If an injured area is painful, swollen, deformed, or if motion causes pain, wrap it in a towel or soft cloth and make a splint with cardboard or another rigid material to hold the arm or leg in place. Apply ice or a cold compress, call the pediatrician, or seek emergency care. If there is a break in the skin near the fracture or if you can see the bone, cover the area with a clean bandage, make a splint as described above, and seek emergency care.

If the foot or hand below the injured part is cold or discolored, seek immediate emergency care.



FEVER

Fever in children is usually caused by infection. It also can be caused by chemicals, poisons, medications, an environment that is too hot, or an extreme level of overactivity. Take the child's temperature to see if he has a fever. Most pediatricians consider any thermometer reading above 100.4°F (38°C) a sign of a fever. However, the way the child looks and behaves is more important than how high the child's temperature is.

Call the pediatrician immediately if the child has a fever and

- Appears very ill, is unusually drowsy, or is very fussy
- Has been in an extremely hot place, such as an overheated car
- Has additional symptoms such as a stiff neck, severe headache, severe sore throat, severe ear pain, an unexplained rash, or repeated vomiting or diarrhea
- Has a condition causing immune suppression (such as sickle cell disease, cancer, or the taking of steroids)
- Has had a seizure
- Is less than 2 months of age and has a rectal temperature of 100.4°F (38°C) or higher

To make the child more comfortable, dress him in light clothing, give him cool liquids to drink, and keep him calm. The pediatrician may recommend fever medications. Do not use aspirin to treat a child's fever. Aspirin has been linked with Reye syndrome, a serious disease that affects the liver and brain.



HEAD INJURIES

DO NOT MOVE A CHILD WHO MAY HAVE A SERIOUS HEAD, NECK, AND/OR BACK INJURY. This may cause further harm.

Call 911 or an emergency number immediately if the child loses consciousness and does not awaken within a few minutes.

Call the pediatrician for a child with a head injury and any of the following:

- Loss of consciousness
- Drowsiness that lasts longer than 2 hours
- Difficulty being awakened
- Persistent headache or vomiting
- Clumsiness or inability to move any body part
- Oozing of blood or watery fluid from ears or nose
- Convulsions (seizures)
- Abnormal speech or behavior

For any questions about less serious injuries, call the pediatrician.

POISONS

If the child has been exposed to or ingested a poison, call the Poison Center at 800/222-1222.

Swallowed Poisons Any nonfood substance is a potential poison. Call the Poison Center immediately. Do not induce vomiting except on professional advice. The Poison Center will give you further instructions.

Fumes, Gases, or Smoke

Get the victim into fresh air and call 911 or the fire department. If the child is not breathing, start cardiopulmonary resuscitation (CPR) and continue until help arrives.

Skin Exposure If acids, lye, pesticides, chemicals, poisonous plants, or any potentially poisonous substance comes in contact with a child's skin, eyes, or hair, brush off any residual material while wearing rubber gloves, if possible. Remove contaminated clothing. Wash skin, eyes, or hair with large quantities of water or mild soap and water. Call the Poison Center for further advice.

If a child is unconscious, becoming drowsy, having convulsions, or having trouble breathing, call 911 or an emergency number. Bring the poisonous substance (safely contained) with you to the hospital.



FAINTING

Lay the child on his back with his head to the side. Do NOT give the child anything to drink. If the child does not wake up right away, call the pediatrician, or dial 911 or an emergency number. If the child is not breathing, begin CPR.

TEETH

Baby Teeth If knocked out or broken, apply clean gauze to control bleeding and call the pediatric dentist.

Permanent Teeth If knocked out, find the tooth and, if dirty, rinse gently without scrubbing or touching the root. Do not use chemical cleansers. Use milk or cold running water. Place the tooth into clean water or milk and transport the tooth with the child when seeking emergency care. Call and go directly to the pediatric dentist or an emergency department. If the tooth is broken, save the pieces in milk and call the pediatric dentist immediately.



CONVULSIONS, SEIZURES

If the child is breathing, lay her on her side to prevent choking. Make sure the child is safe from objects that could injure her. Do not put anything in the child's mouth. Loosen any tight clothing. Perform rescue breathing if the child is blue or not breathing. Call 911 or an emergency number.

NOSEBLEEDS

Keep the child in a sitting position with the head tilted slightly forward. Apply firm, steady pressure to both nostrils by squeezing them between your thumb and index finger for 10 minutes. If bleeding continues, or is very heavy, call the pediatrician or seek emergency care.

Does your community have 911? If not, note the number of your local ambulance service and other important numbers below.

**BE PREPARED: CALL 911
KEEP EMERGENCY NUMBERS
BY YOUR TELEPHONE**

PEDIATRICIAN _____
PEDIATRIC DENTIST _____
POISON CENTER _____
AMBULANCE _____
EMERGENCY DEPARTMENT _____
FIRE _____
POLICE _____

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



Basic Wound Care

FIRST AID TREATMENT FOR WOUNDS



APPLY LIGHT PRESSURE
WITH CLEAN TOWEL



RAISE LIMB
ABOVE THE HEART



CLEAN WOUND
WITH WATER



PROTECT WOUND USING
ANTIBIOTIC CREAM



COVER WITH
STERILE BANDAGE

**CALL
911
WHEN**



BLEEDING
SEVERE



ABDOMINAL OR
CHEST WOUND



BLOOD SPURTS
OUT OF WOUND



BLEEDING CAN'T BE
STOPPED AFTER 10 MIN

WHEN TO CALL A DOCTOR



WOUND IS DEEP



SIGNS OF INFECTION



WOUND ON THE FACE



DIRT THAT WON'T
COME OUT OF WOUND



WOUND IS RESULT
OF HUMAN/ANIMAL BITE

- Avoid contact with contaminants (i.e., dirt) if you have an open wound.
- Keep open wounds as clean as possible by washing thoroughly with soap and clean water.
- Cover clean, open wounds with a bandage to reduce chance of infection.
- Seek immediate medical care if a wound develops redness, swelling, or oozing or other signs of working infection such as fever, increasing pain, shortness of breath, fast heart rate, or confusion or disorientation, high heart rate.

Take care of wounds:

- Wash your hands thoroughly with soap and clean water, if possible.
- Avoid touching the wound with your fingers while treating it (if possible, use disposable gloves).
- Remove obstructive jewelry and clothing from the injured body part.
- Apply direct pressure to any bleeding wound to control bleeding.
- Clean the wound after bleeding has stopped.
 - »» Examine wounds for dirt and foreign objects.
 - »» Gently flood the wound with bottled water or clean running water (if available, saline solution is preferred).
 - »» Gently clean around the wound with soap and clean water.
 - »» Pat dry and apply an adhesive bandage or dry clean cloth.
- Leave unclean wounds, bites and punctures open. Wounds that are not cleaned correctly can trap bacteria and result in infection.
- Provide pain relievers when possible.
- Review the wound every 24 hours.

Seek medical attention as soon as possible if:

- There is a foreign object (soil, wood, metal, or other objects) embedded in the wound;
- A wound is a result of an animal bite;
- A wound is a result of a puncture by a dirty object;
- The wound is infected (pain and soreness, swelling, redness, draining, or you develop a fever);
- You have signs of sepsis such as confusion or disorientation, shortness of breath, high heart rate, fever or shivering, extreme pain or discomfort or clammy or sweaty skin.

Tetanus – If you have wounds, you should be evaluated for a tetanus immunization. If you receive a puncture wound or a wound contaminated with feces, soil, or saliva, have a health care professional determine whether a tetanus booster is necessary based on individual records.

(Source: www.cdc.gov/disasters/woundcare.html)

Solutions Appropriate for Wound Care

Solution	Preparation	Notes
Povidone iodine	Comes pre-made in containers. Best diluted for dressings: 1 part povidone iodine to at least 3 or 4 parts saline or sterile water.	Toxic to healthy tissues; best used in diluted form for only a few days- then change to a milder solution. Safe on the face and around the eyes.
Saline	Comes pre-made, but easy to make yourself. To 1 liter of water add 1 tsp salt. Boil the solution for at least 60 seconds and allow to cool. Store in a closed, sterile container and refrigerate if possible. Good for several days.	Safe anywhere on the body.
Sterile water	Boil a liter of water for at least 60 seconds and allow to cool. Store in a closed, sterile container and refrigerate if possible. Good for several days.	Safe anywhere on the body.
Dakin's solution	Some pharmacies keep Dakin's solution in stock, but it is easy to make. To 1 liter of saline solution, add 5-10 cc of liquid bleach. Store in a closed, sterile container and refrigerate if possible. If your pharmacy carries Dakin's solution, it's best used diluted: 1 part Dakin's solution mixed with 3-4 parts saline.	Better antibacterial agent than saline- so a little harsher on normal tissue. Do not use around the eyes. Makes wounds smell better.

Wash Your Hands

During an emergency, keeping hands clean can help keep you and others healthy.



Washing hands with soap and clean water is the best way to remove germs that can make you and others sick. If you don't have soap and clean water, use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Stay healthy by washing your hands many times each day:

BEFORE

- preparing food
- eating
- caring for someone who is sick
- treating a cut or a wound

AFTER

- Using the bathroom
- Changing diapers or cleaning a child who has used the toilet
- Blowing your nose, coughing, or sneezing
- Touching an animal, animal feed, or animal waste
- Handling pet food or pet treats
- Touching garbage



What is the right way to wash your hands?

1. Wet your hands with clean running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails.
4. Keep scrubbing for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
5. Rinse your hands well under running water.
6. Dry your hands using a clean towel or air-dry them.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

www.cdc.gov/handwashing

What To Do in An Opioid Overdose

Recognizing an Opioid Overdose

A person experiencing an opioid overdose may exhibit the following signs or symptoms:



Clammy, Pale Skin



Blue Lips or Skin



Pinpoint Pupils



Slow Heart Beat



Slow, Irregular or Stopped Breathing



Unresponsive to Voice or Touch



Call 9-1-1 immediately.

Minutes count in an opioid overdose.

If you think someone has overdosed, follow these steps:

1. Check for signs of overdose.

- Won't wake up. Try rubbing your knuckles hard on their sternum.
- Slow or no breathing
- Pale, ashy, cool skin
- Blue or gray lips or fingernails

2. Call 911.

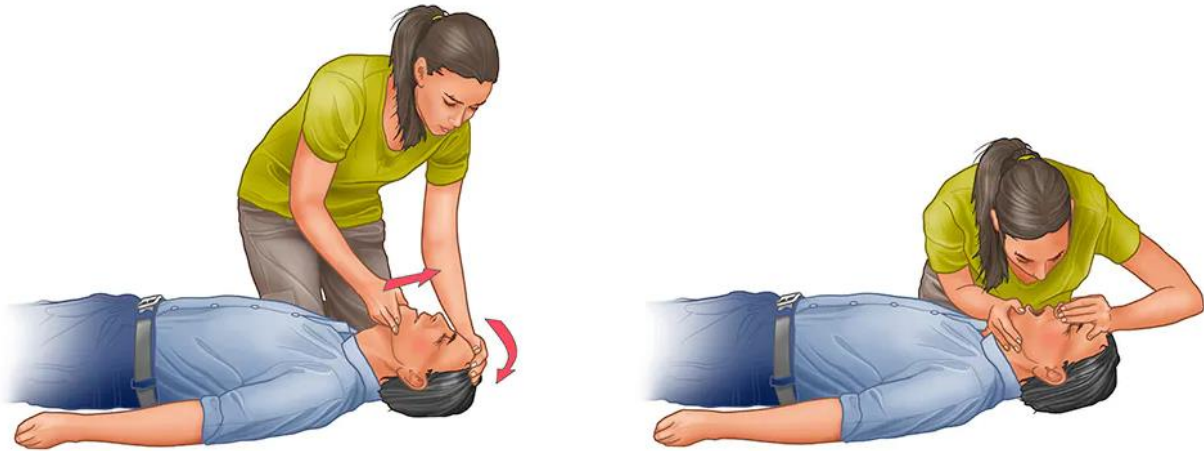
- Tell the dispatcher where you are and that someone is not breathing or is unconscious.
- If you are trying to help in an overdose, WA State's 911 Good Samaritan/Overdose Law protects both you and the overdose victim from drug possession charges. Don't be afraid to call 911 for help!
- If you can't stay until 911 help arrives, place the person on their side and where first responders can find them.

3. Give naloxone and rescue breaths.

Rescue Breathing:

- Tilt head back. Lift chin. Pinch nose.
- Give a full breath. Their chest should rise when you exhale.
- Give a breath every 5 seconds.





Open the person's airway using the head-tilt, chin-lift maneuver. Put your palm on the person's forehead and gently tilt the head back. Then with the other hand, gently lift the chin forward to open the airway. Pinch the nostrils shut for mouth-to-mouth breathing and cover the person's mouth with yours, making a seal. Give the first rescue breath, lasting one second, and watch to see if the chest rises. If it rises, give the second breath. If the chest doesn't rise, repeat the head-tilt, chin-lift maneuver first and then give the second breath. Be careful not to provide too many breaths or to breathe with too much force.

Naloxone:

- If you have naloxone, give one dose. Naloxone can take 2-3 minutes to work, so start giving rescue breaths. If the person is still not breathing after 2-3 minutes, give a second dose of naloxone. Continue rescue breathes until the person wakes up or medical help arrives.
- In Washington state, anyone who might have or witness an overdose can legally possess and administer naloxone.
- Get Naloxone mailed to you for free anywhere in WA State (<http://phra.org/naloxone>)

4. If the person wakes up and starts breathing, stay with them. Encourage them to get follow-up medical care.

When the naloxone wears off in 30-90 minutes, the person could stop breathing again. Encourage the person to be taken to a clinic or emergency room where health care staff can:

- Monitor their breathing.
- Manage any withdrawal symptoms.
- Treat any other medical conditions.

(Source: <https://stopoverdose.org/basics/learn-about-opioid-overdose/>)

What's up with fentanyl?

Strong



Fentanyl is a very strong opioid, **50x stronger** than heroin.

Fast



Overdose can happen in **seconds or minutes**.

Higher Risk



Most overdose deaths in WA State now involve fentanyl.

What does it look like?

In WA State, most fentanyl has been in blue pills with a "M30" stamp. It's sometimes in drugs that look like powder, or a rock like crack cocaine.



Fentanyl could be in any drug you buy on the street or online. What fentanyl looks like will continue to change.



What's the risk?

The amount and strength of fentanyl **can vary a lot.**

One pill might have a deadly amount.

Another pill might have very little, if any, fentanyl.



Naloxone works on fentanyl.

Carry naloxone. Tell people you have it and how to use it. Because fentanyl is so strong, it may take more than one dose to work. Keep extra kits around.



Meth does not protect from OD.

Using meth along with fentanyl actually **increases the chance of overdose.**

If you use both meth and fentanyl, use one at a time, and pace yourself slowly with small amounts.



Mythbusting Facts

1

You can overdose on fentanyl however you use it: if you smoke, swallow, snort, or inject.

2

It's safe to respond to a fentanyl overdose! You can't overdose just by touching fentanyl or drugs that contain fentanyl.

Oral Rehydration Solution (ORS)

Homemade Oral Rehydration Solution Recipes		
Base Beverage	Recipe	
Water	<ul style="list-style-type: none"> • 4 cups of water • ½ teaspoon table salt • 2 Tablespoons sugar • Optional: Crystal Light® to taste 	
Gatorade® G2	<ul style="list-style-type: none"> • 4 cups Gatorade® G2 (or one, 32 ounce bottle) • ½ teaspoon table salt <p><i>**if it is too salty, try ½ teaspoon of salt per 32 oz. Some is better than not drinking at all.</i></p>	
Chicken Broth	Option 1: <ul style="list-style-type: none"> • 4 cups water • 1 dry chicken broth cube • 2 tablespoons sugar 	Option 2: <ul style="list-style-type: none"> • 2 cups liquid broth (not low sodium!) • 2 cups water • 2 tablespoons sugar
Tomato Juice	<ul style="list-style-type: none"> • 2 ½ cups plain tomato juice (not V8 or bloody mary mix) • 1 ½ cups water 	
Cranberry Juice	<ul style="list-style-type: none"> • ¾ cup juice • 3 & ¼ cups water • ½ teaspoons table salt 	
Cereal-Based	<ul style="list-style-type: none"> • ½ cup dry baby rice cereal, cooked • 2 cups water • ¼ teaspoon table salt • Combine ingredients. Mix until well dissolved & smooth. Refrigerate. Solution should be thick, but pourable & drinkable. 	

Oral rehydration solution (ORS) is a simple solution of salt, sugar, and water that is used to aid in dehydration due to diarrhea. The Centers for Disease Control and Prevention (CDC) recommends ORS when a person is dehydrated.

Dehydration happens when your body loses more fluid than you consume. This can happen for many reasons, including excessive diarrhea or vomiting. When left untreated, dehydration can be dangerous. This is because your body relies on water to perform basic functions. Oral rehydration therapy is a treatment for dehydration. It involves drinking a beverage made of water, sugar, and electrolytes, specifically potassium and sodium. The beverage is called an oral rehydration solution (ORS).

If ORS is not available, water, broth, and/or other fluids can be provided. Drinks with a high sugar content, such as juice or soft drinks, are not recommended because they could worsen diarrhea.

WARNING: When used improperly, an ORS can lead to salt toxicity. This is more likely to happen if you drink an ORS when you don't actually need it.

Heat Stroke

**FIRST
AID**

Heat Stroke is the most severe form of heat illness wherein the body overheats and can't cool down by sweating because of dehydration. It can cause death or permanent disability if emergency treatment is not provided.

SYMPTOMS

- Dizziness or fainting
- Hot and dry skin
- Very high core body temperature of 104°F (40°C) or more
- Lack of sweating
- Throbbing headache
- Behavioral changes such as confusion or disorientation
- Muscle weakness or cramps
- Nausea and vomiting
- Rapid heartbeat
- Rapid, shallow breathing
- Seizures
- Unconsciousness or coma

TREATMENT

1 Move the person to a shady spot or indoors.

2 Call 911 or emergency medical help. Continue to the next steps while waiting for professional help to arrive.

4 If still conscious, have him sip cool water.



5 Remove his clothing.

8 Use fan to direct air onto the body.



6 Cool the person by spraying with cool water.



3 Have the person lie down with the feet elevated.



7 Apply damp sheets / towels / sponges / ice packs to the armpits, wrists, ankles and groin.

STAY HEALTHY IN THE HEAT

Drink water

Fill a bottle with cold water and take it with you when you're out and about.



Plan your day

Avoid going out in the heat.



Help others

Check on friends, family and neighbours most at risk like the sick, elderly and young.



Stay cool

Make use of fans or air-conditioners set to cool. Draw your blinds or curtains.



Dress down

Wear lightweight, long sleeved, light coloured, loose fitting clothes made from natural fibres, like cotton or linen.



Hot cars can be deadly

Don't leave children or animals in cars. The temperature inside parked cars can double within minutes.



Soak

Take a cool shower or bath to help you cool down when you feel hot.



Shade

Wear a hat or take an umbrella with you for shade if you're outside on a hot day.



(Source: <https://www.cdc.gov/extreme-heat/about/index.html>)

Hypothermia

Care of a Person With Hypothermia

Hypothermia can be fatal. Call emergency medical services (911) immediately.

While waiting for medical professionals:



Move the person to a warmer place.



Remove any wet clothing.



Cover the person with warm dry blankets.

Provide a warm nonalcoholic beverage.



Avoid rubbing the person's skin.



Do not apply direct heat for warmth.



Do not offer alcohol or caffeine.



Individuals with hypothermia may become unresponsive. CPR may be needed until emergency personnel arrive.

Hypothermia is a medical emergency. If you notice any of the following signs, take the person's temperature. If it is below 95° F, get medical attention immediately!

While hypothermia is most likely at very cold temperatures, it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.

The following are warnings signs of hypothermia:

- Shivering
- Exhaustion or feeling very tired
- Confusion
- Fumbling hands
- Memory loss
- Slurred speech
- Drowsiness

If you are not able to get medical help right away, try to warm the person up.

- Get the person into a warm room or shelter.
- Remove any wet clothing the person is wearing.
- Warm the center of the person's body—chest, neck, head, and groin—using an electric blanket, if available. You can also use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.
- Warm drinks can help increase body temperature, but do not give alcoholic drinks. Do not try to give beverages to an unconscious person.
- After body temperature has increased, keep the person dry and wrap their body, including their head and neck, in a warm blanket.
- Get the person proper medical attention as soon as possible.

Severe Hypothermia

A person with severe hypothermia may be unconscious and may not seem to have a pulse or to be breathing.

In this case, handle the person gently, and get emergency assistance immediately.

Perform CPR, even if the person appears dead. CPR should continue until the person responds or medical aid becomes available. Keep warming the person while performing CPR. In some cases, hypothermia victims who appear to be dead can be successfully resuscitated.

(Source: <https://www.cdc.gov/winter-weather/prevention/>)

The body loses heat through:

- **Evaporation** of water from your skin if it is wet (sweating). If your clothing is wet, you will also lose some body heat through evaporation and through respiration (breathing) when the body temperature is higher than 37 °C (99 °F). During intense exercise, the body loses 85% of its heat through sweating.
- **Radiation** (similar to heat leaving a wood stove). This normal process of heat moving away from the body usually occurs in air temperatures lower than 20 °C (68 °F). The body loses 65% of its heat through radiation.
- **Conduction** (such as heat loss from sleeping on the cold ground). Heat is lost in air temperatures lower than 20 °C (68 °F). The body loses about 2% of its heat through air conduction. However, water causes more heat loss from the body than air does, so heat can be lost from the body very quickly when it is placed in cold water.
- **Convection** (similar to sitting in front of a fan or having the wind blow on you). The body loses 10% to 15% of its heat through convection.

Heat loss through evaporation and respiration increases in dry, windy weather conditions.

Wet clothing greatly increases heat loss through conduction and evaporation.

Heat loss in cold, wet weather increases the risk for hypothermia and cold injury. Heat loss can occur in warm temperatures through conduction. Swimming or sitting in cool or cold water can cause the body to lose heat very quickly and increase the risk for hypothermia.

Hypothermia can occur quickly (within a few hours) or gradually over days and weeks depending on a person's age, overall health, and environmental conditions.

If you must sleep outside, **keep your clothing as dry as possible. Insulate yourself from the ground** (use a sleeping pad, layers of cardboard, or heavy-duty contractor trash bags filled with leaves, grass, or crumpled newspaper to create an improvised mattress). **Shield yourself from the wind**, using a tarp, tent, or by improvising a debris shelter.

DANGER!

CARBON MONOXIDE (CO) POISONING



**CAN'T BE
SEEN**



**CAN'T BE
SMELLED**



**CAN'T BE
HEARD**



**CAN BE
STOPPED**

Carbon monoxide (CO) is an odorless, colorless gas that kills without warning. It claims the lives of hundreds of people every year and makes thousands more ill. Many household items including gas- and oil-burning furnaces, portable generators, and charcoal grills produce this poison gas.

CO takes the place of oxygen in the blood. Without oxygen, the heart, lungs, brain, and other body parts cannot work properly. Signs of CO poisoning are similar to flu symptoms. They include upset stomach, tiredness, and headaches. If CO poisoning is not treated, it can cause seizures and even death.

If you suspect that CO is present...

Immediately go outside to get fresh air, and right away call **Poison Help (1-800-222-1222)**, which connects you to your local poison center. If you feel better when you are out of your home and worse when you return, CO may be present.

WARNING: Charcoal produces CO when burned.

- Never burn charcoal inside of homes, vehicles, tents, or campers. Charcoal should never be used indoors, even if ventilation is provided.
- Since charcoal produces CO fumes until the charcoal is completely extinguished, do not store the grill indoors with freshly used coals.

Bed Bugs

Bed bugs (*Cimex* species) are small, flat insects. Bed bugs bite people and animals at night while they sleep, feeding on their blood.



The size of an adult bedbug compared with a US penny

Bed bugs are reddish-brown in color, are wingless, and range from 1mm to 7mm in size (roughly the size of Lincoln's head on a penny). They can live several months without a blood meal.

Bed bugs are not known to spread diseases to people. However, they cause irritation, itching, and loss of sleep. Removal from dwellings can be expensive and inconvenient to remove.

Although bed bugs are not known to spread diseases to people, they can cause itching and loss of sleep.

Sometimes intense itching can lead to excessive scratching and possibly a secondary skin infection. An allergic reaction to several bites is possible. If you think you are having an allergic reaction to bed bug bites, speak with your healthcare provider.

Bed bug bites affect each person differently. Signs of a bed bug bites include

- No physical signs
- Small bite marks
- Serious allergic reactions (rare).

When bed bugs bite, they inject fluids (anesthetic and anticoagulant) that prevents a person from feeling the bite when it happens. Most people do not notice the bite marks until they appear from one to several days after the initial bite.

Bites look similar to mosquito or flea bites—a slightly swollen and red area that may itch and be irritating. The bite marks may be random or appear in a straight line.

Other symptoms of bed bug bites include insomnia, anxiety, and skin problems that arise from intense scratching of the bites.

Allergic symptoms can include enlarged bite marks, painful swellings at the bite site, and, on rare occasions, anaphylaxis. If you think you are having an allergic reaction to bed bug bites, speak with your healthcare provider.

One of the easiest ways to identify a bed bug infestation is by bite marks on the face, neck, arms, hands, or any other body parts after sleeping. However, these bite marks may take as long as 14 days to develop in some people. It's important to look for other clues to determine if you have an infestation.

Look for

- Exoskeletons (shed after molting),
- Bed bugs in the fold of mattresses and sheets,
- Rusty-colored blood spots on mattresses or nearby furniture, and
- A sweet musty odor.

Kill the Bed Bugs

Heat treatment: You can use a clothes dryer on high heat. You can also use black plastic bags in a hot, closed car in the sun, but success depends on your climate and other factors. Do-it-yourself heat treatments might not work.

Cold treatment may work, but can only be successful in the home environment if the freezer is set to 0o F. Many home refrigerator freezers are not cold enough to kill bed bugs. You must leave the items in a sealed bag in the freezer at 0o for three days. Always use a thermometer to check the temperature, since home freezers are not always set to 0 degrees.

Desiccants (chemicals that dry things out) can be particularly effective in some situations since they work by drying out the bug (which means the bed bugs can't develop resistance). However, they may take several months to work. If using desiccants, be sure to use only products registered by EPA as a Pesticide.

Examples of desiccants include:

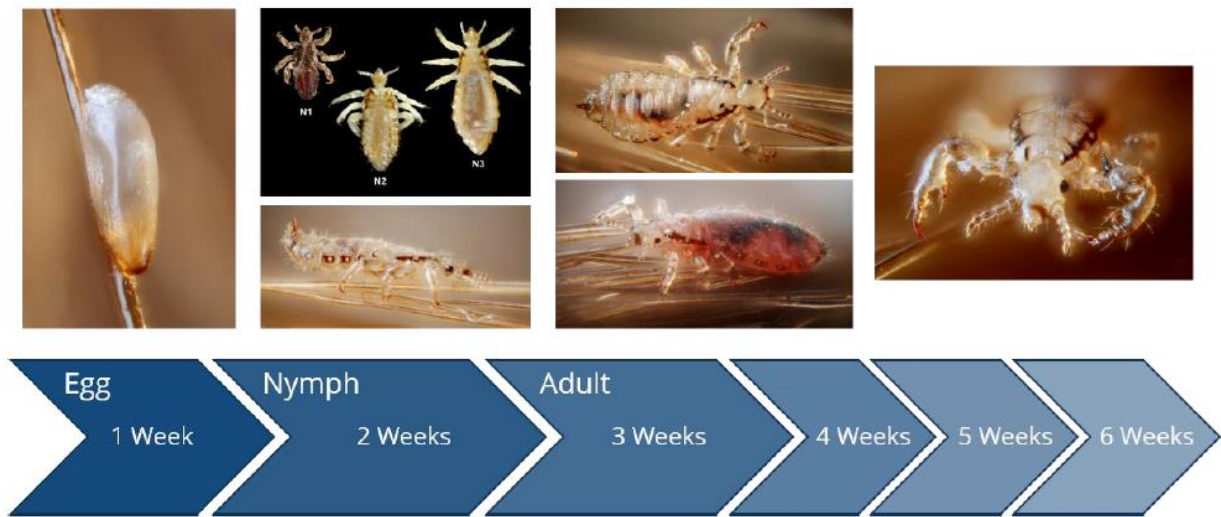
- Diatomaceous earth.
- Boric acid.

When using desiccants to control bed bugs it is critical to use those that are registered by EPA and labeled for bed bug control. Desiccants that are intended for other uses, such as food-grade or for use in swimming pools, pose an increased inhalation risk to people. Use of desiccants is limited to cracks and crevices use only to reduce inhalation risk.

(Source: <https://www.cdc.gov/bed-bugs/> / <https://www.epa.gov/bedbugs>)

Preventing & Treating Lice

Developmental Timeline of Head Lice



What are lice?

Lice are parasites that can be found on people's head and bodies, including the pubic area. Lice survive by feeding on human blood. Lice eggs (nits) are often yellow or white and attach to the hair shaft. They are very small and hard to see. The later stages of lice are very small insects that can grow to about the size of a sesame seed. They are light or dark brown in color.

What to do if you think you have lice:

- Obtain treatment for infested person(s). This requires using an Over-the-counter (OTC) or prescription medication. Follow the treatment steps listed on box.
- If you are living in a shelter, make sure to inform staff that you may have lice. They may be able to perform a lice check and help you with the next steps.
- To prevent spread, notify shelter, school, household members, camp, etc. and avoid activities that may spread head lice.

Visible nits or crawling lice is the most reliable sign of a lice infestation other symptoms may include:

- Tickling feeling of something moving in the hair.
- Itching on the head and scalp (head lice), body (body lice) and genital area (pubic lice).
- Irritability and difficulty sleeping (head lice are most active in the dark).

- Sores on the skin caused by scratching.
- Intense itching and rash (body lice).
- Thickening and discoloration of the skin if there is a long-term infestation (body lice).

How to prevent lice:

- Avoid contact with people who have lice.
- Avoid sharing personal items like hairbrushes, towels, hats, scarves, coats, and bedding.
- Keep long hair tidy.

Treating head lice:

- Head lice can be treated with a chemical lice treatment and removed manually with a comb. If you aren't sure which medicine to use or how to use a medication, ask your physician, pharmacist or other healthcare provider.
- Chemical lice treatment can be purchased over the counter at pharmacies. Some shelters offer free lice treatments.
- Follow the instructions on the package of the lice treatment. Do not use conditioner or a combination shampoo/conditioner before using the lice treatment. Do not re-wash the hair for 1-2 days after the medicine is removed.
- Use a 'nit comb', or very small comb, to remove lice from the hair shaft.
- Continue checking hair and using a nit comb for 2-3 days after treatment.
- Put on clean clothing after treatment.
- Retreatment may be recommended in 7-9 days, depending on the product.


Treating body & pubic lice:

- If possible, take a shower with soap and warm water to dislodge any lice that may be on the body.
- A doctor may be able to prescribe treatment with chemical treatments.
- Follow the directions from the provider or on the package. Always contact a doctor or pharmacist if unsure how to use medicine.

Treating clothing, bedding, & personal items:

- If you have lice, it is important to clean all of your clothing items, bedding, and personal hygiene items to prevent reinfection.
- For clothing and bedding, it is best to wash them in extra-hot water for at least 5 minutes. Dry clothes in a dryer for 30 minutes on the hottest setting.
- If a washer and dryer is not available, leave items in a sealed plastic bag for two weeks.
- Soak combs and brushes in hot water for 5-10 minutes.

(Source: <https://www.cdc.gov/lice/>)



A Quick Guide to Treat Head Lice


It is important to take preventive measures to control or avoid the spread of a head lice infestation. However, there are many common misconceptions on how to effectively treat head lice. A head lice infestation can be safely and easily eliminated with the following steps:

1 Make Sure a Head Lice Diagnosis is Accurate




Part the hair with a disposable hair parting tool (such as a lice comb) and use a bright light source to closely examine the scalp for any crawling lice.

2 Choose a Pediculicide and Treat Lice Infestation




There are many medications (pediculicides) to effectively eliminate a head lice infestation. Consult a healthcare professional with any questions.

3 Manually Inspect for Head Lice



After following treatment instructions, use a lice comb to comb through hair in small sections. After each comb-through, wipe the comb on a wet paper towel. Make sure to dispose of any eggs or living lice on the comb and paper towel.

4 Apply Re-Treatment of Pediculicide if Needed




Some pediculicides require re-treatment after a certain number of days if crawling lice are still seen. Always follow product instructions.

Things to Consider



- A manual inspection for lice is time-consuming. Find an activity to keep the individual occupied while inspecting for lice.
- Monitor and treat (if necessary) family and close contacts.
- Monitor the infestation 2-3 weeks after treatment.

Resistance to Pediculicides



If re-treatment was applied and crawling lice are still present after 2-3 weeks, the head lice may be resistant to pediculicides. Visit a healthcare professional for additional assistance.

Scabies



Scabies is caused by the human itch mite (*Sarcoptes scabiei* var. *hominis*). The microscopic scabies mite burrows into the upper layer of the skin where it lives and lays its eggs. Scabies can spread quickly under crowded conditions where close body and skin contact is frequent.

The most common symptoms of scabies are intense itching, especially at night, and a pimple-like skin rash. Common areas on body where symptoms occur include:

- between fingers,
- in the skin folds of the wrist, elbow, knee, or armpit, and

- on the penis, nipples, waist, buttocks, and shoulder blades.

You may see tiny burrows on the skin, caused by the female mite tunneling just beneath the surface of the skin.

You can get scabies by

- Direct, extended, skin-to-skin contact with a person who has scabies or
- Less commonly, sharing clothing, towels, or bedding used by an infected person.
- Homeless shelters or encampments.

To prevent the spread of scabies

- Treat other household members with whom you have had direct skin contact or have shared a bed, towels, or clothing at the same time.
- Wash bedding, clothing, and towels in hot water and dry in a hot dryer. Temperatures in excess of 50°C or 122°F for 10 minutes will kill mites and eggs.
- Dry-clean items that can't be washed or seal them in a closed plastic bag for at least 72 hours to a week.
- Avoid skin-to-skin contact with others until treatment is complete.
- Notify people you had direct skin-to-skin contact with during the previous two months and encourage them to seek treatment.
- Scabies mites generally do not survive more than two to three days away from human skin.

Products used to treat scabies (scabicides) kill scabies mites; some also kill mite eggs. Scabicides require a doctor's prescription. No non-prescription products have been tested and approved to treat scabies. Carefully follow the instructions contained in the box or on the label. Scabicide lotion or cream should be applied to all areas of the body from the neck down to the feet and toes.

(Source: <https://www.cdc.gov/scabies/about/>)

Ticks and Tickborne Disease



Western black-legged ticks can transmit *Borrelia burgdorferi*, the bacteria that causes Lyme disease. It can also transmit the pathogen that causes anaplasmosis. These ticks are mainly found in Western Washington as well as along the eastern slopes of the Cascade Mountains.

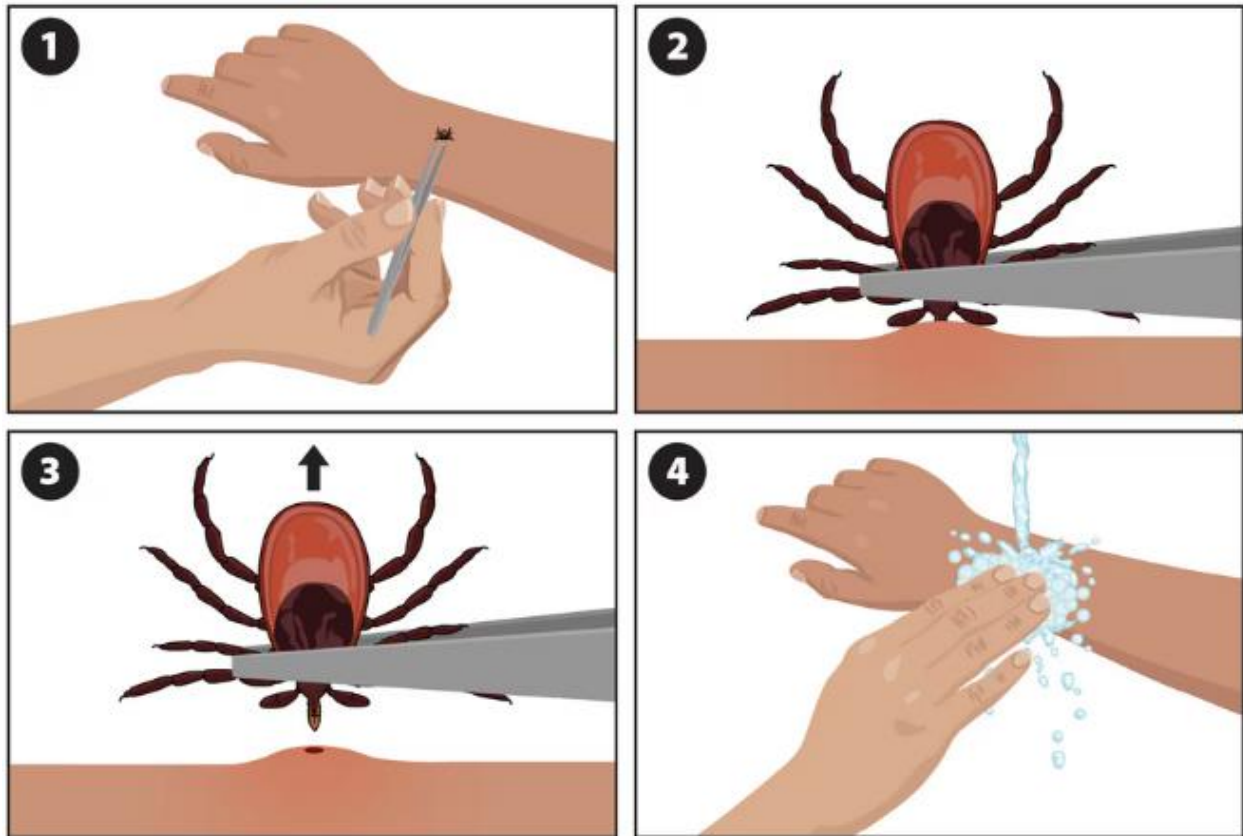
- In the United States, ticks can spread bacteria, viruses, and parasites (pathogens) that cause human diseases.
- Many tickborne diseases can have similar signs and symptoms.
- Ticks transmit pathogens that cause disease through the process of feeding.

Many tickborne diseases can have similar signs and symptoms. The most common symptoms of tick-related illnesses include:

- Fever/chills. All tickborne diseases can cause fever.
- Aches and pains. Tickborne diseases can cause headache, fatigue, and muscle aches. People with Lyme disease may also have joint pain.
- Rash. Lyme disease, Southern tick-associated rash illness (STARI), Rocky Mountain spotted fever (RMSF), ehrlichiosis, and tularemia can cause distinctive rashes.

Ticks find their hosts by detecting animals' breath and body odors, or by sensing body heat, moisture, and vibrations.

Ticks can't fly or jump, but many tick species wait in a position known as "questing". While questing, ticks hold onto leaves and grass by their third and fourth pair of legs. They hold the first pair of legs outstretched, waiting to climb on to the host. When a host brushes the spot where a tick is waiting, it quickly climbs aboard. Some ticks will attach quickly and others will wander, looking for places like the ear, or other areas where the skin is thinner.



How to Remove a Tick

Use clean, fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.

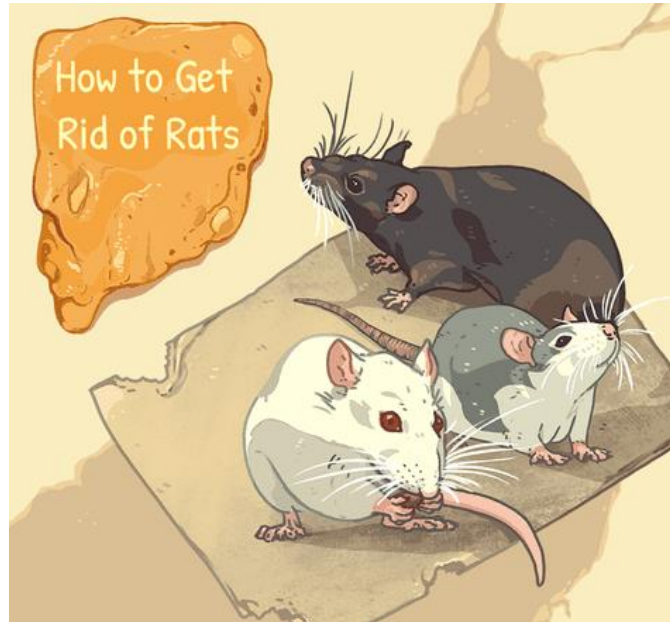
Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you cannot remove the mouth easily with tweezers, leave it alone and let the skin heal.

After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.

Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.

(Source: <https://www.cdc.gov/ticks/>)

Rats & Mice



If you see evidence of rodents, set traps throughout your home to catch any rodents that may be inside. Continue trapping until there are no more rodents. If no rodents are captured for a week and there are no new signs of rodents, the rats are gone.

If new droppings (poop), urine spots, or gnawing persist after one week, you may be dealing with a rat infestation. Rats tend to fear anything new. Pre-bait traps (bait the traps without setting them) to help rats feel more comfortable with new objects. They will also learn that traps are a non-dangerous food source. Once you notice the bait is being eaten, you can set the traps.

Traditional snap traps are recommended to reduce rodent populations around the home. Choose the right kind of snap trap for the rodents in your home; there are different traps for mice and rats.



Carefully read the instructions on the box before setting the trap. Place a small amount of bait (chunky peanut butter or mutton fat works best) on the bait pan of the snap trap. Place the trap on the floor against the wall. Put the baited end of the trap next to the wall so it forms a "T" with the wall. Rodents prefer to run next to walls or other objects for safety.

Do not use glue traps and live traps. These traps can scare the rodents, causing them to urinate, which can increase your chance of getting sick.


Place traps in areas where you have seen mice or rats, nesting materials, urine and droppings, nibbled food, or gnaw marks. Place traps in closed areas, such as behind the stove and refrigerator, and in the back of cabinets and drawers. Put traps near other areas where you think rodents are coming into your home, such as attics, basements, crawlspaces, and other areas without regular human traffic. Also place traps in outbuildings and in areas that might likely serve as rodent shelters.

Check traps daily and immediately dispose of any dead rodents. Some rodents, particularly rats, are very cautious and several days may pass before they approach the traps. Pre-baiting traps to get rats used to the new traps in their environment can help. Other rodents, such as house mice and deer mice, are less cautious and may be trapped more quickly. Reset traps until rodent activity has stopped.

Check the bait every week and re-fill or move it as needed for at least 15 days. Leave the baited traps out longer if you still have mice and rats.

(Source: <https://www.cdc.gov/healthy-pets/rodent-control/trap-up.html>)

Shelters

<div> <div>  THURSTON COUNTY NIGHT SHELTERS 24-Hour Housing & Shelter Hotline: 1-844-628-7343 </div> <div> Crisis Clinic of Thurston & Mason Counties Crisis Line: (360) 586-2800 Youth Line: (360) 586-2777 </div> </div>		
Families with Children	Shelter Information	# Beds
Pear Blossom Place operated by Family Support Center 837 7th Ave. Olympia 98501 (360) 754-9297 x200	Call for availability Mon - Fri 9 a.m. - 5 p.m. after hours call shelter hotline. Open 24/7 for families of any kind with children under 18 or pregnant people & partner. All genders and service animals welcome.	30 10 cold weather overflow
Main Campus Shelter operated by Family Support Center 3525 7th Ave. SW Olympia 98502 (360) 754-9297 x200	Call for availability Mon - Fri 9 a.m. - 5 p.m. after hours call shelter hotline. Open 24/7 for families of any kind with children under 18 or pregnant people & partner. All genders and service animals welcome.	10
SafePlace Olympia (360) 754-6300	Call housing & shelter hotline for availability: 1-844-628-7343 Open 24/7 to all genders, singles/families, survivors fleeing violence and trafficking.	23
Adults without Children	Shelter Information	# Beds
Interfaith Works Shelter at Unity Commons 161 Pattison St. NE Olympia 98501 1-844-628-7343	No walk-ins. Call for intake: 1-844-628-7343 Open 24/7 for single adults, all genders, couples and pets. Prioritized populations: women, people over 50 and people with a disability.	52
Drexel House Shelter operated by Catholic Community Services: 604 Devoe St. SE Olympia 98501 (360) 753-3340	No walk-ins. Call for intake: 1-844-628-7343 Open 24/7 for single men	16
Union Gospel Mission 413 Franklin St. NE #A Olympia 98506 (360) 709-9725	Nightly check in at 8:00 p.m.. Lights out by 9:00 p.m. Lights on at 4:30 a.m. Breakfast 6:30-7:30 a.m. For single adults of all genders. Service animals welcome.	46
Salvation Army - Center of Hope 808 5th Ave. SE Olympia 98501 (360) 352-8596 x113	No walk-ins. Call for intake: (360) 352-8596 x113 Open 24/7 for men and women experiencing homelessness. Lunch served Mon-Sat 11 a.m. - 12 p.m. and Dinner served Mon - Sat 5 - 6 p.m.	38
St. Michael / Sacred Heart (360) 754-4667 Only open November 1 - April 30.	Sign up on Mondays at Salvation Army lunch hour 11 a.m.-12 p.m. Do not go to church directly. Open November 1 - April 30	14 cold weather season only
Youth & Young Adults (Ages 24 and under)	Shelter Information	# Beds
Community Youth Services (CYS) 520 Pear St. SE Olympia 98501 (360) 918-7879	Call to sign up: (360) 918-7879 Sign up daily starting at 9:00 a.m. Open nightly for youth and young adults ages 24 and under from 9 p.m. - 9 a.m.	18

Updated 11-01-23

Internet Access

All Timberland Regional Libraries have public computers and free Wi-Fi so you can stay connected and productive with your laptop, tablet or smartphone. Internet computers are available at all libraries on a first come, first served basis. Sessions are reserved in 1-hour increments and will automatically extend if the computer is available. Wi-Fi in the library is available daily 6 AM - Midnight in all locations (while the libraries are not open during these extended hours, Wi-Fi access is available from outside of the library buildings).

The Washington State Commerce Department has partnered with agencies across the state on the Drive-In Wi-Fi hotspots project to provide and map out locations across Washington to help people who may not have broadband service in their homes.

(Source: <https://www.commerce.wa.gov/building-infrastructure/washington-state-drive-in-wifi-hotspots-location-finder/>)

Free E-mail Accounts

There are several possibilities for obtaining a free e-mail account. Gmail (<https://mail.google.com/>) is probably the most popular free e-mail service, but signing up for a Gmail account may require that you provide a cell-phone number when setting up your new account.

Other, more secure, free e-mail services include:

- Proton (<https://proton.me/>)
- Tuta (<https://tuta.com/>)
- Mailfence (<https://mailfence.com/>)

Each of these e-mail services is headquartered outside the United States and may allow you to register for a new account without providing a telephone number.

Free Telephone Numbers

If you have a Gmail account, you have the option of signing up for a **Google Voice** (<https://voice.google.com/>) telephone number. While Google Voice requires that you associate a cellular or land-line number with your Google Voice number, once you have set-up Google Voice you can remove the associated number from your account.

Text Plus (<https://textplus.com/>) is another option for a free telephone number including unlimited SMS text messages, free incoming calls, and voice mail.

Is There Mail Service for the Homeless?

A homeless person may submit an application for PO Box service to a local Post Office. The Postmaster may approve the application under any one of the following conditions:

- The applicant is known to the window clerk or Postmaster.
- An unknown applicant submits proper ID.
- The applicant provides a verifiable point of contact (e.g., place of employment, shelter, charitable institution, or social services office).
- Customers receiving PO Box service must pay the fees listed in the most current Price List - Notice 123.

Applicants who cannot meet these conditions may be eligible to receive indefinite General Delivery service, if approved by the local Postmaster. Customers should contact their local Post Office for more information.

(Source: <https://faq.usps.com/s/article/Is-there-mail-service-for-the-homeless>)

ID Help for the Unhoused

If you are experiencing homelessness, you're eligible for a no-cost ID (one per lifetime) or a reduced-fee ID for \$5. Anyone receiving public assistance may be eligible for an ID card at a reduced cost. Find your local Department of Social and Health Services (DSHS) community services office dshs.wa.gov. They can help you complete a Request for Identocard form that you can bring to a driver licensing office. If you're under 25 years old, you don't need a letter for a \$5 ID card.

If you've had a Washington ID or license issued before, we can locate your record in our system. You won't need any other documentation. You'll need to visit a driver licensing office. You don't need to make an appointment.

You will need a current mailing address. If you are living outside and connected to a shelter, community organization or church, ask if you can use their mailing address. We'll mail the ID card to you when it's complete or you can request to pick it up at a driver licensing office. (<https://dol.wa.gov/id-cards/id-help-unhoused>)

Online Job Skills Learning Opportunities Available at No Cost to You

Goodwill Community Foundation (<https://edu.gcfglobal.org/en/topics>) Available in English, Spanish and Portuguese, Goodwill offers more than 200 topics — from Microsoft Office and email to career planning and work life — with courses for any level of experience.

Khan Academy (<https://www.khanacademy.org/>) Created by experts, Khan Academy's library of trusted, standards-aligned practice and lessons covers math K-12 through early college, grammar, science, history, AP, SAT, and more. It's all free for learners and teachers.

Skills to Succeed Academy (<https://s2sacademy.org/>) Created specifically to meet the needs of job seekers, Skills to Succeed Academy offers 36 bite-sized, interactive modules. You are guided throughout the entire journey, from choosing the right career and finding a job to achieving success in the workplace.

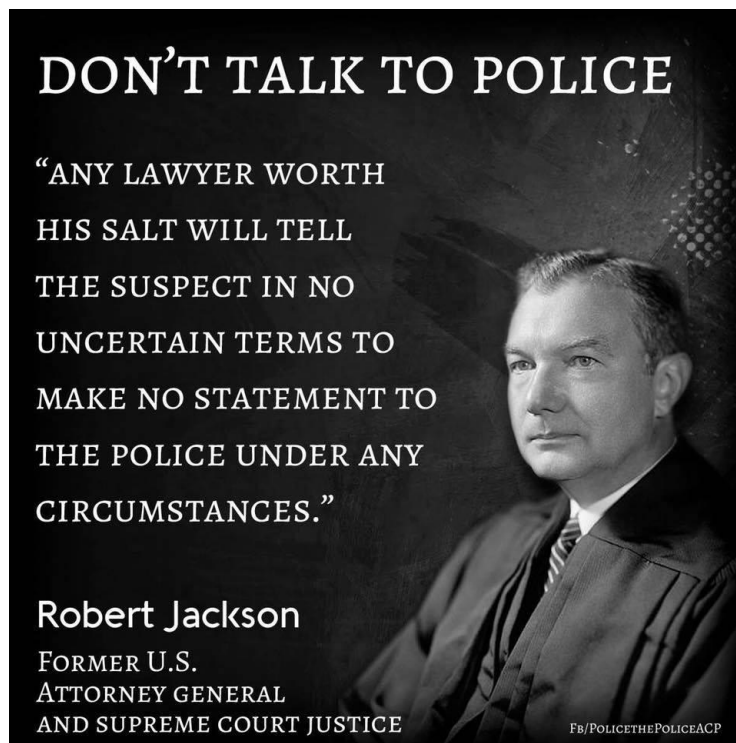
Universal Class (<https://www.universalclass.com/>) Unlimited Classes with Certificates. Affordable. Instructor Support. Courses: Business Application, Career Development, Event Management, Human Resources, Management, Secretarial Skills, Self-Improvement, Small Business. Enroll in Universal Class through the Timberland Regional Library (<https://trl.org/resources/online-courses/>) for free access to most Universal Class courses.

Other learning platforms available through the Timberland Regional Library include:

- Adult Core Skills & Citizenship Exam Preparation
- DigitalLearn.org
- Learning Express Career Preparation
- Mango Languages
- Northstar Digital Literacy

Legal Services

Know Your Rights



ACLU of Washington (<https://www.aclu-wa.org/know-your-rights>) Have you ever asked yourself, "What are my rights?" We have answers. What do I do if I'm stopped by the police? What if ICE comes to my house? What are my rights as a student in school? Where can I protest? Learn about your rights before you need them. Download ACLU of Washington free guides and resources.

Thurston County Volunteer Legal Services (<https://soundlegalaid.org/>) provides legal advice and information to low-income people in a manner sensitive to individuals and their legal needs. Through the efforts of trained volunteers, TCVLS strives to enable clients to resolve their legal problems. TCVLS provides leadership in promoting access to justice in the local community.

The Resource Hub, 929 Lakeridge Dr SW Olympia, WA 98502 Tel: 360-786-5230 located in Olympia on-site at the Thurston County Courthouse Complex, is a drop-in resource center for people with behavioral health needs who are impacted by the justice system. (<https://www.thurstoncountywa.gov/living-thurston-county/law-and-justice/resource-hub>)

Transportation

Anyone Can Ride! It's Free!

Intercity Transit (<https://www.intercitytransit.com/>)

205 Franklin Street NE, Olympia, WA 98501

Telephone: 360-786-1881

Mason Transit (<https://www.masontransit.org/>)

601 West Franklin Street, Shelton, WA 98584

Telephone: 360-427-5033 or 800-374-3747

Lobby Hours: Mon – Fri 8:00 AM – 5:00 PM

Rural Transit (<https://www.trpc.org/325/Rural-Transit>)

2411 Chandler Court SW, Olympia, WA 98502

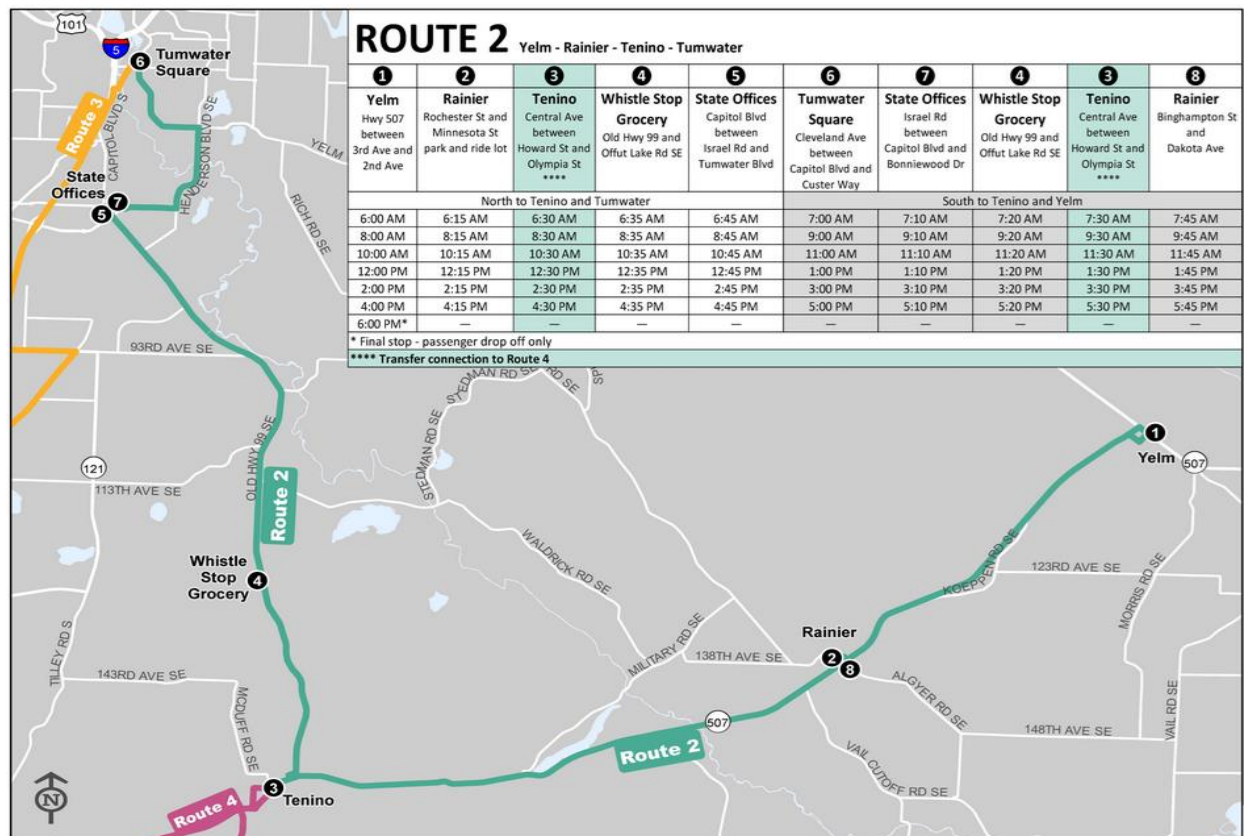
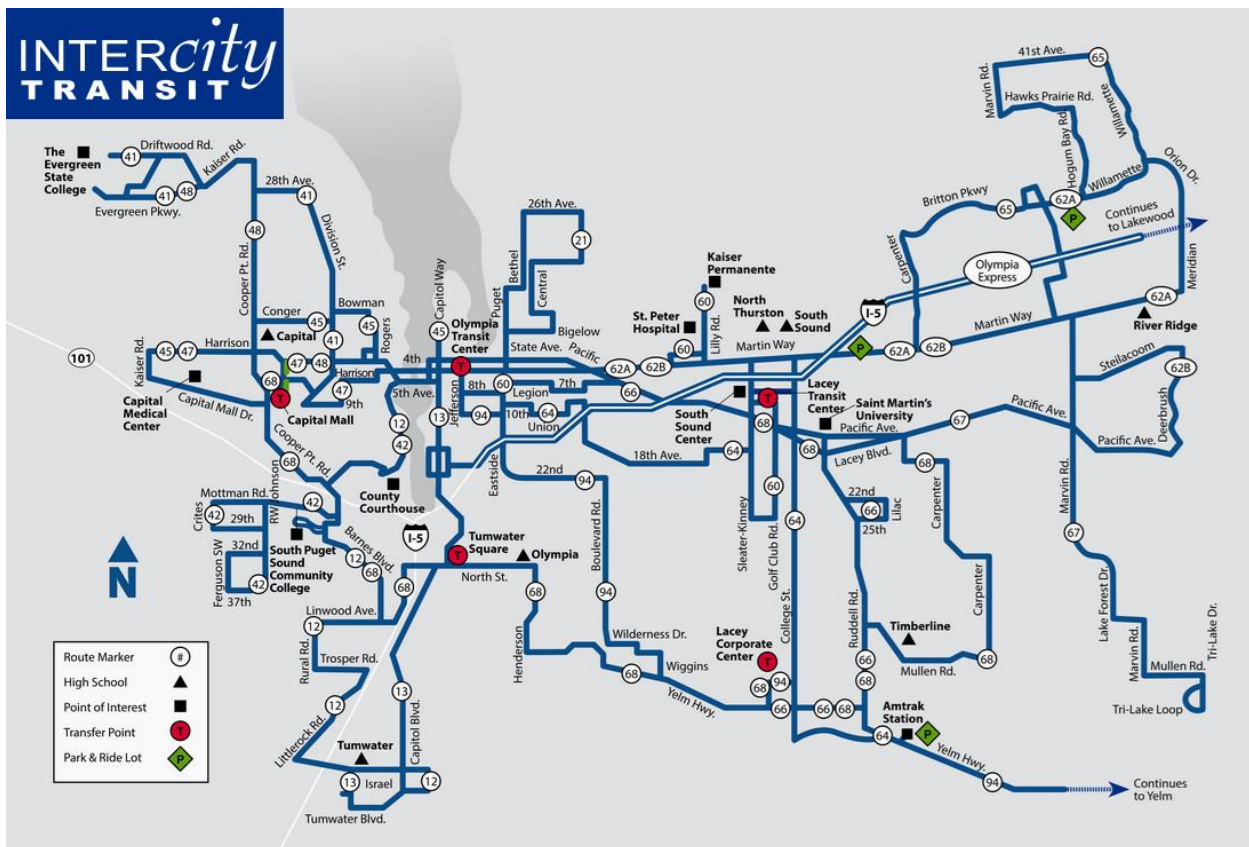
Telephone: 360-956-7575 | Fax: 360-741-2545 | Email: info@trpc.org

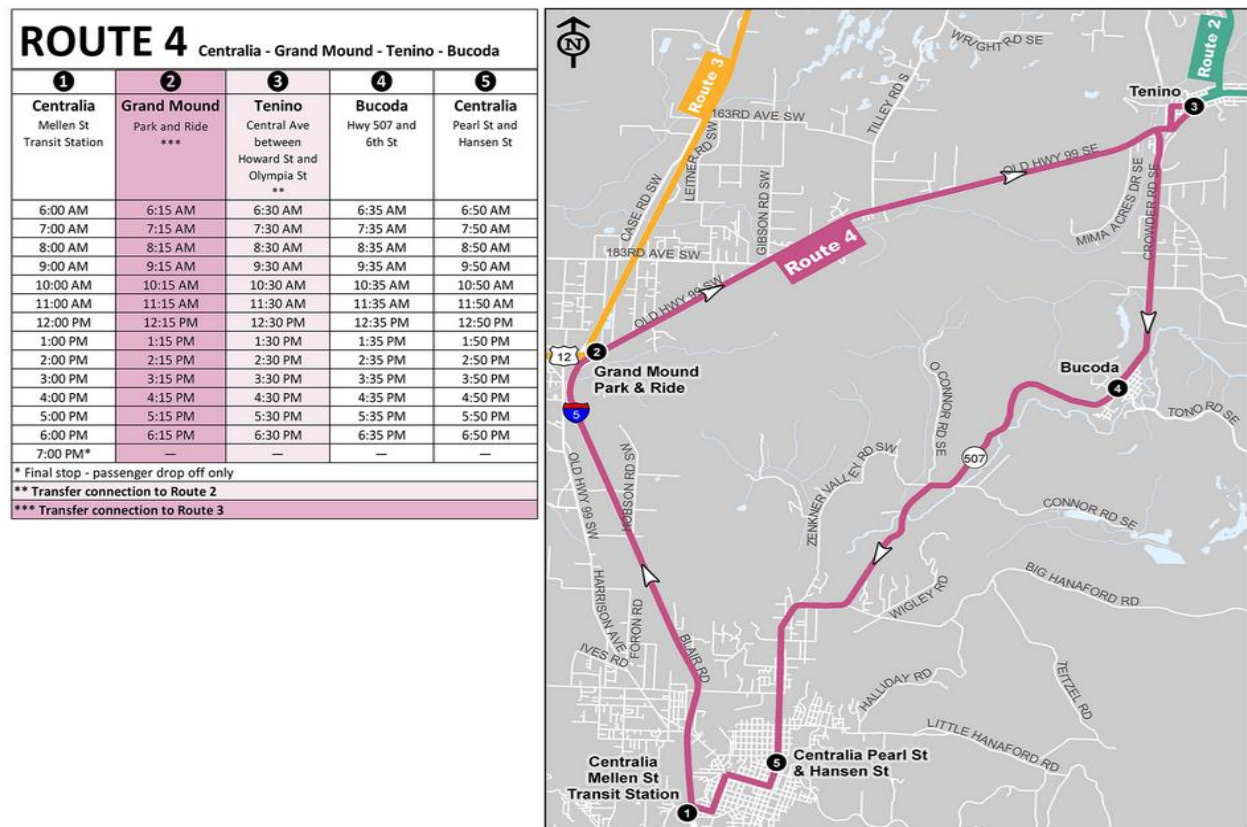
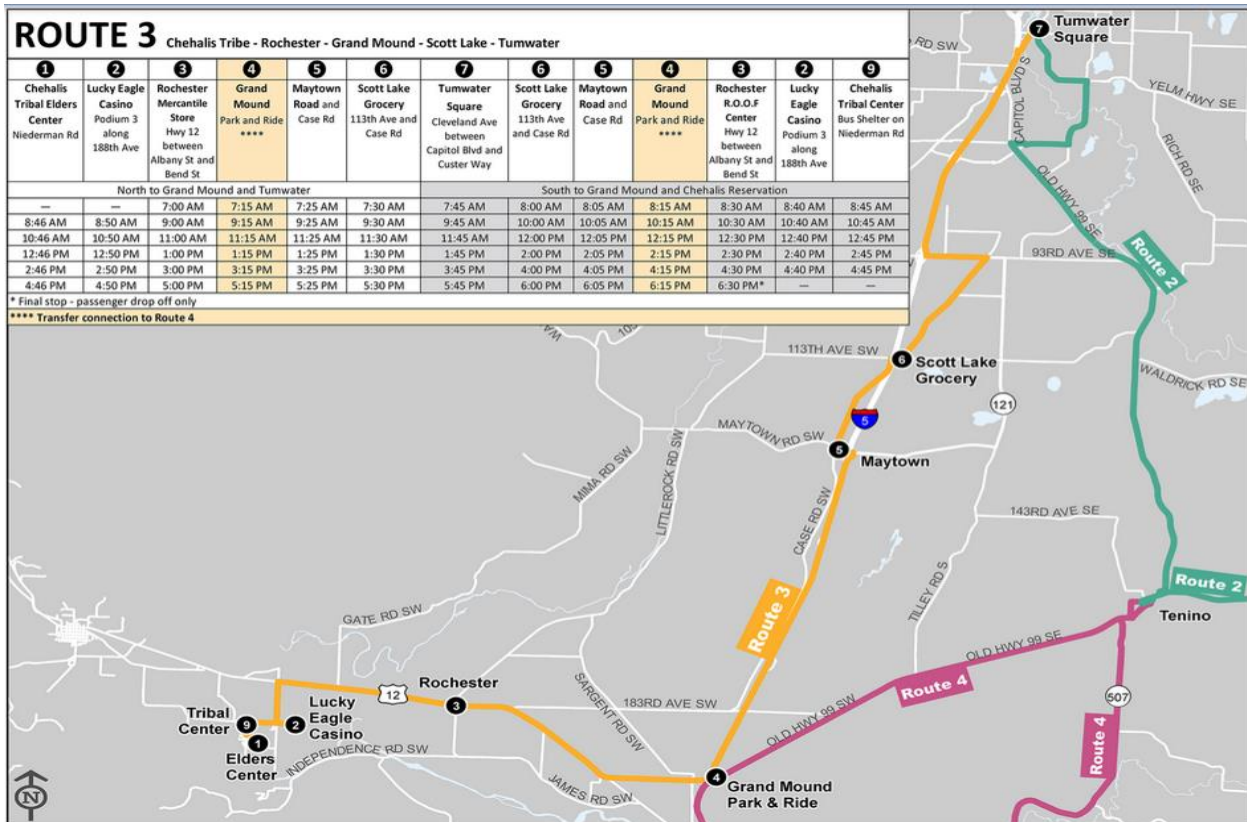
Rural Transit Route Maps (<https://www.trpc.org/1062/Route-Maps>)

Senior Services for the South Sound - Transportation Services

All persons 60 and over living in Thurston or Mason County, who have no means of getting to their appointment and are not served by Dial-a-Lift, Intercity Transit, or Mason Transit can use our transportation services. To inquire about eligibility or to arrange an transportation for an appointment, please email transportation@southsoundseniors.org or call us at 360-586-6181 ext.128. (<https://www.southsoundseniors.org/supportive-services/transportation>)

Dial-a-Lift (<https://www.intercitytransit.com/services/dial-lift>) is a door-to-door, shared ride public transportation service for people with disabilities that prevent them from using our fixed route bus service. We offer Dial-A-Lift service where and when fixed route buses operate. You must complete an application, be eligible and certified to ride Dial-A-Lift.





How to Build a Low-Cost Air Filter (University of Washington, School of Public Health)

What you'll need:



Box fan



20"x20"x1" furnace filter
(MERV 13 or FPR 10)



Optional: Duct tape or bungee
cords

- 1 Place filter on back (air intake side) of fan.



! Make sure that the arrow on the side of the filter is pointing towards the fan.

- 2 Use the duct tape or bungee cords to attach the filter securely to the fan.



! Use tape or cords only around the edges; do not block the air flow through the fan.

- 3 Place in an area away from any obstacles and turn the fan on.



! Run the fan on high for a few hours if your indoor air quality is already poor, then turn it to medium to keep it clean.

- 4 Keep all windows and doors closed to prevent new pollution from getting into your home!



The University of Washington EDGE Center
**Exposures, Diseases,
Genomics & Environment**

Funded by National Institutes of Health grant # P30ES007033 9/2020

Tips - If You Choose to Use a DIY Air Cleaner

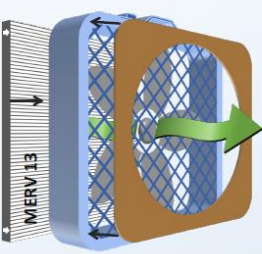
- Use a newer box fan (made since 2012) with a UL (Underwriters Laboratory) or ETL (Intertek) logo because they have verified safety features to reduce the risk of the fan overheating. EPA does not recommend using DIY air cleaners built with older model box fans (built before 2012), but if they are used, they should not be used unattended or while sleeping.

- Consider running DIY air cleaners the entire time a space is occupied. The longer they run, the more particles they will likely remove.
- When assembling a DIY air cleaner, choose a high-efficiency filter, rated MERV 13 or higher, for better filtration. Align the arrows on the filter to be in the same direction of the air flow through the fan. Create a good seal between the fan and the filter.
- Change the filters periodically. Longer run times, higher fans speeds, and higher levels of air pollution will mean that the filter will be removing more particles from the air, but the filter will also get dirty more quickly. Change the filter when it appears dirty.
- When changing the filter(s), wear gloves, an N-95 respirator or similar, and goggles (without holes) for personal protection. Remove the filters gently - outdoors if possible. Avoid shaking or banging the filters to minimize the release of accumulated dust. Dispose of the filters in garbage bags.

Features that can improve DIY air cleaner performance:

- Cover the outside corners of the front of the box fan, so that air flows only through the center part of the fan where the blades are visible. You can use cardboard, duct tape, or wood to make the cover – some DIY fan designers call these “shrouds”.
- Use a thick HVAC filter that is 2” or 4” thick instead of a 1” filter. Generally, thicker filters are more expensive than thinner filters, but need to be changed less often.
- Increase the number of filters in the design. Some designs can have 2, 3, 4 or 5 filters.
- Improve the seal where the filters are attached to the fan or each other. Seal the edges using duct tape, for example, instead of ties or clamps.

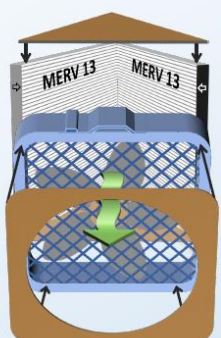
DIY Air Cleaner Designs: Beyond the Basic



Good

Basic Supplies:

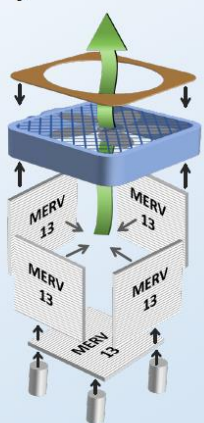
- 20" x 20" box fan
- 20" x 20" x 1" or 4" MERV 13 air filter
- 20" x 20" cardboard shroud (cutout the size of the fan blades)
- Clamps, duct tape, or bungee cords



Better

Additional Supplies:

- Two - MERV 13 air filters
- Triangle cardboard cutout for base on top



Best

Additional Supplies:

- Four or five - MERV 13 air filters
- If using five filter design, use leg supports (e.g., blocks) to allow airflow through bottom

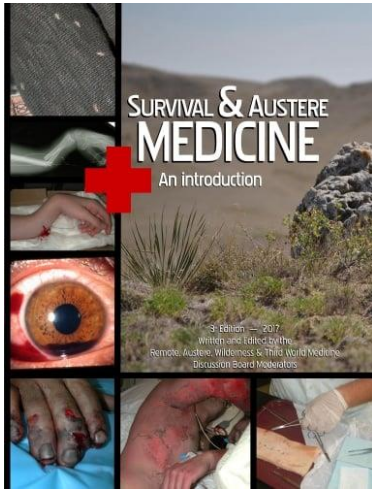
Ways to Improve Effectiveness:

- Add a cardboard shroud (no-cost improvement)
- Use thicker filters (4" rather than 1" MERV 13 filters)
- Use multiple filters (2-5 filter designs)

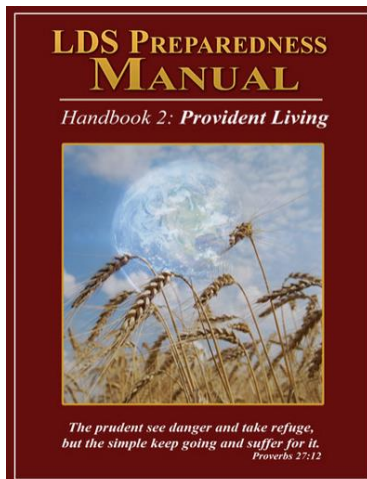
Key Reminders:

- Only use certified fans with UL or ETL marking (2012 model or newer)
- Keep extra filters on hand
- Replace filters when dirty

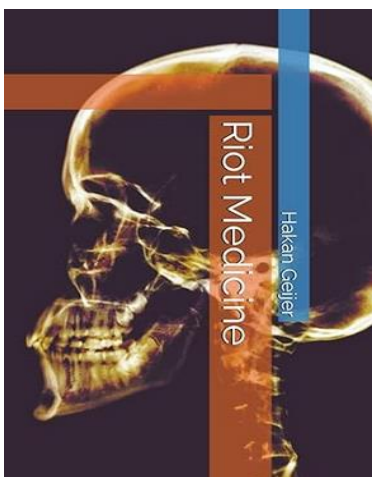
References & Training



In 2017, the Remote, Austere, Wilderness & Third World Medicine discussion board moderators released the 3rd Edition of **Survival and Austere Medicine**. The 3rd Edition grew to over 600 pages compared to the 2nd Edition's 200+ pages. Survival and Austere Medicine work may be copied and distributed freely if the entire text and all disclaimers and copyright notices remain intact. A copy can be download here: (<https://bit.ly/3vS9mmB>).



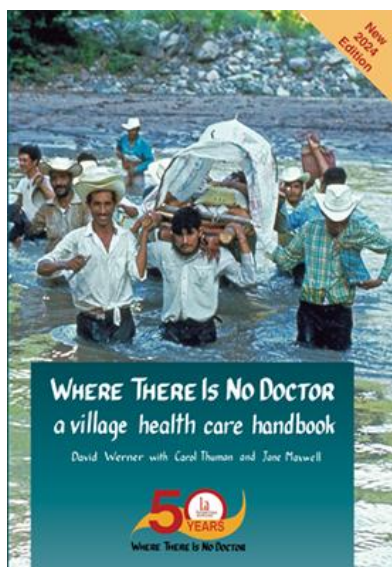
The contents of the **LDS Preparedness Manual** are intended to assist individuals and families in coping with emergency preparations. This publication has not been endorsed or produced by The Church of Jesus Christ of Latter-Day Saints, and its contents and the opinions it expresses are those of the Editor and the separate authors. (<https://www.ldsavow.com/preparedness-manual/>)



Riot Medicine: A manual for practicing insurrectionary medicine. Riot medicine is the practice of medicine in an adversarial environment. It exists outside of formal and State sanctioned medical services.

(<https://riotmedicine.net/>)

(<https://shorturl.at/4f0o9>) - Print Edition.



Where There Is No Doctor equips readers to protect and care for their own health and that of their families and their communities, and helps identify which problems need the attention of an experienced health worker. Considered by the World Health Organization to be the most widely-used health care manual in the world, this classic title is for health workers, clinicians, health educators, midwives, community leaders, and others involved in primary health care delivery and health promotion around the world. This accessible, richly illustrated, and practical guide covers a wide range of health issues from common illnesses to nutrition, the health of children to health and care of the elderly, and from family planning and childbirth to serious illnesses like tuberculosis. Throughout there is an emphasis on addressing the underlying causes of poor

health and a focus on cleanliness, healthy diet, vaccinations, and an appropriate, cautious use of medication, including an examination of helpful and harmful home remedies. (<https://hesperian.org/>)

Basic Emergency Care - Developed by the World Health Organization and International Committee for the Red Cross (ICRC), in collaboration with the International Federation for Emergency Medicine (IFEM), the Basic Emergency Care (BEC): Approach to the Acutely Ill and Injured course is an open-access training course for first contact health workers who manage acute illness and injury with limited resources. Course Length: Approximately 7 hours (<https://openwho.org/courses/bec>)

- Module 1: The ABCDE and SAMPLE history
- Module 2: Trauma
- Module 3: Difficulty in Breathing
- Module 4: Shock
- Module 5: Altered Mental Status
- Module 6: Transfer and Handover

Basic Emergency Care: Conflict-Related Injuries - Developed by the World Health Organization, International Committee of the Red Cross and the International Federation for Emergency Medicine, the BEC Extended Modules: Conflict-Related Injuries support the delivery of quality emergency care for patients with conflict-related trauma, covering penetrating injury, blast injury and burns. These extended modules follow the BEC systematic approach to the initial assessment and management of time-sensitive critical conditions where early intervention saves lives. (<https://openwho.org/courses/bec-conflict-related-injury>)

Disaster Ready launched in 2013 with a simple but powerful mission: To better prepare humanitarian and development professionals for the critical work they do by providing high-quality, relevant online learning resources at no cost. The entire catalog of over 1,500 courses, videos, reference documents, and assessment-based certificate and certification programs are available on demand and 100% free.

(<https://www.disasterready.org/>)

Global First Aid Reference Centre is a 'centre of excellence' of the International Federation of Red Cross and Red Crescent Societies (IFRC) hosted by the French Red Cross. The European Centre for First Aid Education was created in 1996 then became Global First Aid Reference Centre (GFARC) in 2012 to answer growing demands in our field. Our ultimate objectives are to reduce the number of deaths and the severity of injuries as well as to make people and communities more resilient using first aid.

(<https://www.globalfirstaidcentre.org/>)



Herbalista Free School courses consist of video lectures, handouts, recipes, detailed resource listings, and more for a well-rounded course. We end each lecture section with suggested "herbwork" to help you put what you've learned into action and even offer a few optional quizzes for folks who like them. All courses are FREE, SELF-PACED and you can ENROLL AT ANY TIME. (<https://herbalista.org/free-school/>)

International Federation of Red Cross and Red Crescent Societies (IFRC) offers a wealth of learning opportunities and resources to our National Societies, volunteers, partners and the general public. (<https://www.ifrc.org/get-involved/learn-us>)



Riseup provides online communication tools for people and groups working on liberatory social change. We are a project to create democratic alternatives and practice self-determination by controlling our own secure means of communications.

(<https://riseup.net/>)



Privacy today faces growing threats from a growing surveillance apparatus. Numerous government agencies intrude upon the private communications of innocent citizens, amass vast databases of who we call and when, and catalog “suspicious activities” based on the vaguest standards. This zine highlights **Government Spying in the Pacific Northwest**. (<https://www.indybay.org/newsitems/2024/08/01/18868358.php>)

Stop The Bleed - Online Course - The interactive course is a virtual alternative to the in-person lecture presentation. The STOP THE BLEED Interactive Course guides individuals through the three methods of bleeding control using video demonstrations, interactive learning, and spontaneous quizzes. This STOP THE BLEED Interactive Course is free to all students and can be taken multiple times to learn and refresh knowledge of the STOP THE BLEED Course. Estimated time to complete: 25 minutes (<https://www.stopthebleed.org/training/online-course/>)

Street Medic Guide (<https://www.paperrevolution.org/street-medic-guide/>) Street medics, or action medics, are volunteers with varying degrees of medical training who attend protests and demonstrations to provide medical care such as first aid. Unlike regular emergency medical technicians, who serve with more established institutions, street medics usually operate in a less formal manner and often in support of local volunteer collectives.

Thurston & Mason County Crisis Clinic Community Resource List (<https://crisis-clinic.org/resources/>)

Thurston & Mason County Community Health List (https://www.tmcms.org/community_health_resources)

Thurston County Community Resource List (<https://www.thurstoncountywa.gov/departments/public-health-and-social-services/social-services/office-housing-and-homeless/community-resources>)

STREET MEDIC TIPS

THINGS TO CONSIDER:

While it is obviously impossible for lay people to safely and competently deal with every medical problem, and there remain many complicated diagnoses requiring equally complicated or technologically advanced treatments, for 80 - 90% of the health problems afflicting humanity, simple things done well are all that is required to preserve life and limb and help alleviate suffering.



WE RECOMMEND FINDING A TRUSTED LOCAL HEALTH COLLECTIVE FOR BOTH INITIAL AND CONTINUED TRAINING.